VERISAN

HOME MEDICAL GUIDE AND CORONATION YEAR BOOK 1937

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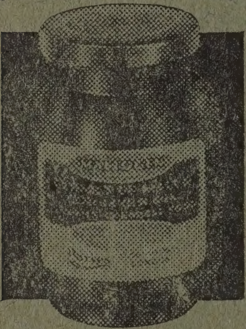

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HOME MEDICAL GUIDE
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YEAR BOOK

CORONATION YEAR

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CONTENTS

Page
Ampulla - - - - - 24
Anointing Spoon - - - - 24
Birthday and Health - - - - 20–31
Calendars, Monthly - - - - 20–31
Coronation Chair - - - 20
„ Stone - - - - 21
„ Ring - - - - 26
Crown, St. Edward's - - - 22
Children's Corner - - - - 44
Cooking Hints - - - - 40
Dispensing - - - - 32–33
Don'ts for Dog Owners - - - 57
Emergencies, Ready for - - - 36–37
First Aid in Cases of Poisoning - - 18–19
Garden, Month by Month - - - 60–61
Hints, Household - - - - 38–39
„ Cooking - - - - 40
„ Laundry - - - - 42
Health, Your Birthday and Your - - 20–31
Indications of Long Life - - - 41
Leisure Hour, The - - - - 34–35
Long Life, Indications of - - - 41
Laundry Hints - - - - 42
Medical Guide - - - - 3–17
Medicine Chest, The Home - - - 36–37
Orb, Coronation - - - - 23
Poisoning - - - - - 18–19
Postal Information - - - - 63
Queen's Coronation Ring - - - 30
„ Crown - - - - 31
„ Ivory Rod - - - 30
„ Sceptre - - - - 30
Ready for Emergencies - - - 36–37
Sceptres, Coronation - - - - 25
„ Queen's - - - - 30
St. Edward's Crown - - - - 22
„ Staff - - - - 27
Swords, Coronation - - - - 28
St. Edward the Confessor - - - 29
Schoolboy Howlers - - - - 55
Sports Records - - - - 58
„ Notes on - - - - 59
Superstitions, Wedding - - - 43
When Wedding Bells Ring - - - 48–51
Weights and Measures - - - 52–53
Would You Believe It? - - - 56
Wedding Superstitions - - - 43
You Should Know - - - - 46–47

VERISAN
MEDICAL GUIDE

ABRASION. Broken skin frequently results in septic poisoning, wounds or sores. The exposed part should be immediately treated with Tincture of Iodine. Apply Germotak Ointment, when new skin will rapidly form.

ABSCESSES AND BOILS. Swellings of the skin in which unhealthy matter has accumulated. Usually due to the invasion of certain germs. Very hot linseed or boracic poultices should be used to bring the abscess to a head, after which it should be bathed in hot water to which a little ‘ Verisan ’ Lysol has been added. Cover with a piece of lint smeared with Germotak Ointment and bandage carefully. In severe or frequent cases medical attention is essential.

Abscesses are usually a sign of weak health. To restore activity to poor blood commence taking a good blood purifier. A tonic such as Mason’s Syrup of Hypophosphites is also to be recommended.

ACIDITY. A form of indigestion in which sour wind or fluid rises from the stomach into the mouth, usually an hour or two after meals. Attention should be paid to the diet, alcohol, coffee, sugar and starchy foods being avoided. Cream of Magnesia will speedily relieve acidity, while Heart Shape Indigestion Tablets provide a handy remedy which can be carried in the pocket, and eaten as required.

ADDISON’S DISEASE. A wasting disease accompanied by peculiar bronzing of the skin. Cod Liver Oil or ‘ Maltogen ’ is of value, but the aid of a doctor should be sought.

ADENOIDS. An enlargement of tissues at the junction of the throat and nose, usually causing the sufferer to breathe through the mouth. A surgical operation is generally necessary and this should not be delayed, as adenoids often have very serious consequences, especially in children.

IDEAL FOOD FOR CHILDREN AND CONVALESCENTS—MALTOGEN

AGUE. See Malaria.

ANÆMIA, OR BLOODLESSNESS. A complaint happily less frequent now that plenty of fresh air, adequate exercise and attention to diet, are within the reach of most young people. New laid eggs (poached or boiled), fresh milk, lean beef, fruit and vegetables should be included in the patient's food, and a good tonic such as Mason's Syrup of Hypophosphites is beneficial. Eminent physicians are of the opinion that one of the most frequent causes of anæmia is constipation. Regular action of the bowels must be assured by means of a suitable laxative such as Chocoloids or Senna Laxatives taken according to directions.

ANÆMIA PERNICIOUS. A disfunction of the liver which requires expert medical attention. Of late years great success has attended the treatment of this disease with Liver and Stomach extracts.

ANGINA PECTORIS. A condition in which sudden, agonising pains attack the heart, either as a result of over-exertion or excitement. Nitrite of Amyl is usually administered. Sudden exertion should be avoided and any trace of constipation dispelled by means of Chocoloids.

ANTHRAX. A dread skin disease, now extremely rare.

APOPLEXY (Stroke). A seizure usually caused by the bursting of a blood vessel in the brain, with serious consequences. Send for a doctor immediately. In the meantime loosen all clothing and establish complete quiet. Keep the head cold by means of an ice-bag, and the feet warm by means of a hot water bottle.

APPENDICITIS. Inflammation of a part of the intestines, usually to be cured only by means of an operation. Avoidance of Appendicitis is ensured by keeping the bowels well regulated, and for this purpose Chocoloids are to be recommended as an occasional corrective.

ARTHRITIS. Often called "Poor Man's Gout." A painful condition in which hard nodules appear at the joints. A rich and full diet is to be recommended, in which Maltogen is included. Local application of Electric Liniment gives instant relief, especially if Electric Tablets are taken internally at the same time.

LOBELLINE IS A SOOTHING, INSTANT REMEDY FOR A COUGH

ASTHMA. A distressing affection of the bronchial tubes characterised by extreme difficulty in breathing. The spasms may be relieved within ten minutes by taking Efedrex Tablets, the treatment perfected by the latest discoveries of medical science. Two teaspoonfuls of Gee's Lobelline in half a glass of hot water will also assist in restoring free breathing. Persons liable to this affection should take Lobelline regularly as a preventive.

BACKACHE. Backache due to kidney trouble is speedily dispelled by Harden Griffith's Buchu-Juniper Pills. For muscular strain and rheumatic pains alleviation is obtained by the application of Electric Liniment to the affected part; or by the use of a Verisan Porous Belladonna Plaster.

BALDNESS. Apply Jaborandi Hair Tonic night and morning, rubbing well into the scalp with the tips of the fingers.

BEE STINGS. Extract the sting with tweezers and apply bicarbonate of soda.

BILIOUSNESS. Persons subject to this complaint should pay particular attention to the diet. A daily dose of a good Health Salt such as Allen's or Vance's is a wonderful corrective. Avoid rich or fatty foods and take care that there is no constipation.

BLEEDING. For small cuts (as from shaving, etc.) Styptic Pencils may be obtained which effectively stop bleeding. Bleeding in spurts indicates the severing of an artery. It should be arrested by bandaging as tightly as possible between the injury and the heart, at a suitable point near the wound. The injured person should be taken at once to a doctor or hospital. Bleeding from a vein occurs in a continuous stream and should be stopped without delay.

BLOOD PRESSURE. In middle life, the walls of the arteries undergo a hardening which narrows the channels and thereby increases blood pressure. A course of Chlorophyll Tablets restores elasticity and rejuvenates the blood.

BOILS. Special elastic Boil Dressings are now made which do away with the old unsightly coverings, and, at the same time, with the painfulness of the ordinary plaster. Apply a Flexoplast or an Elastoplast Boil Plaster and, if necessary, renew each day. These specially prepared boil plasters comprise a medicated ring which draws the boil, and a pad which absorbs the discharge.

LOBELLINE IS ENTIRELY FREE FROM INJURIOUS DRUGS

BRONCHITIS. Inflammation of the breathing passages, resulting in wheezy breath, harsh cough and phlegm, accompanied by chest pains and feverishness. Frequently bronchitis develops from a common cold, which should never, therefore, be neglected. Inhaling Friar's Balsam in steam from a jug of hot water gives great relief, whilst rubbing the chest with Q.V.R.O. prior to applying Therm Wool proves very beneficial. For speedy relief and cure the soundest advice is to take Gee's Lobelline, the Great Lung Healer.

BRUISES. Paint the affected part with Tincture of Arnica or bathe with Surgical Spirit and water.

BUNIONS. Painful swellings at the toe-joints, caused generally by faulty footwear. Comfortable shoes should be worn, whatever the fashion, and inflammation relieved by means of hot fomentations. Comfort is often increased by wearing one of the many bunion pads obtainable to-day, such as the 'Verisan'

BURNS AND SCALDS. The great thing is to exclude air from the affected part, and the treatment, therefore, varies with the materials at hand. Carron oil is the best-known application, but picric acid lotion, if available, is probably more effective. When healing has commenced, Germotak Ointment, applied freely, promotes more rapid recovery.

BURSITIS (Housemaid's Knee). An inflamed condition of the caps over the knee and other joints. The affected joint should be liberally smeared with 'Verisan' Stainless Iodine Ointment and lightly bandaged, the treatment continuing until the inflammation goes. An "adaptable" bandage—such as Flexoplast or Elastoplast —upon the joint and for some distance above and below, will afford the necessary support to the weakened joint.

CANCER. Certain cases of Cancer are curable if taken early enough. Any unaccountable swelling or tumour on the body should be brought to the notice of your medical adviser at once.

CATARRH. Inflammation of mucous membrane. Sufferers from Catarrh of the nose will find in Efedrex instant relief. Efedrex jelly, which contains the active principle of a newly-introduced Chinese plant, has a remarkable effect on the inflammation and stops the discharge immediately. Other forms should be treated as stated under Bronchitis, etc.

CHAFING OF THE SKIN. Apt to occur in babies where moist folds of skin come together. Wash, dry and sprinkle with Verisan Dusting Powder. Where chafing is persistent, or the powder insufficient, resort should be had to Zinc and Castor Oil Cream, which is most healing and beneficial.

Chafing of the feet is common to-day among hikers, and it is invariably a wise precaution to sprinkle Antiseptic Foot Powder into one's socks or stockings before putting them on.

CHAPPED HANDS. Caused not only by incomplete drying of the hands in cold, windy weather, but also by inferior soaps which have a caustic effect. Pavoline Soap can be relied upon not to produce chapping, but when it has already occurred, massage Germotak Ointment well into the cracks of the skin, or apply a good Glycerine Jelly, such as 'Diadem' or 'Neroline.' This relieves soreness and discomfort.

CHICKEN-POX. An infectious disease common in childhood. The skin becomes covered with numerous small blisters. Isolation is necessary and the doctor should be called in. To allay itching and prevent scratching, apply a dilute carbolic lotion, covering the more troublesome spots with a small piece of Elastoplast.

CHILBLAINS. Everyone is familiar with the painful condition known as chilblains. The cause is faulty circulation of the blood, but the cure is not always easy. Recently a new treatment has been introduced which has been found most effective. The Verisan or Medacaid Dual Treatment goes to the root of the problem by tackling the chilblains both inside and out. The tablets rectify the condition of the blood; the liniment affords immediate relief.

COLDS. Many thousands of people die every year from neglected colds, which would in nearly every case have responded to treatment. Even slight colds should be attended to at once. A few timely doses of Gee's Cold and Influenza Mixture will always prevent any serious complications. If it is a severe cold, Gee's Cold and Influenza Mixture will speedily break it up, acting like a charm on the fever, and quickly restore the normal condition. The danger from Colds lies often in the chest troubles which follow them. Let Gee's Lobelline be your standby. Thousands of men and women owe their lives to this fine remedy which possesses lung preserving properties not found in any other preparation. Lobelline is perfectly safe for both kiddies and adults. A simple cold in the head, accompanied by catarrh, may be treated with Antigrippe which dispels the fever and cures the cold. Relief may be obtained by rubbing the nose, throat and chest with Q.V.R.O. (Quick Vaporising Rubbing Ointment). Efedrex Nasal Jelly is also useful to restore free breathing.

COLIC. Abdominal pains due to intestinal trouble. Relief often results from taking three drops of Oil of Peppermint on a lump of sugar.

CONSTIPATION. Incomplete expulsion of the body's waste matter is one of the most widespread evils of present-day life and is often the root of much more serious complaints. Regular, normal action is essential to health. Delay and neglect are dangerous. The one sure cure is Chocoloids, which act naturally, without griping or discomfort. These dainty chocolate-coated tablets are without equal as a corrective.

As an alternative, the use of Senna Laxatives may be confidently recommended for both children and adults. Each " sweet " contains the equivalent of six senna pods in a most convenient and pleasant form.

CONSUMPTION. Only natural measures, such as fresh air and sunlight, can effect any improvement. Strengthening foods, such as Maltogen, are very necessary. Consult a doctor if any suspicion of consumption is felt.

CORNS. When the corns are very painful, a Verisan felt ring corn plaster, which keeps the shoe from pressing on the corn, will be found most helpful. They should be obtained with a strap of plaster attached to hold them in place.

COUGHS. Coughs are invariably due to some irritation in the lungs or throat. That is why Lobelline, which contains valuable lung-preserving herbs, is so valuable. Lobelline removes the phlegm and restores and *protects* the cough-shaken lungs. It is the great *lung-healer*. Keep it ready to ward off coughs at the very start.

CRAMP. Usually to be ended by stretching or rubbing the affected part.

CROUP. An inflammatory condition of the windpipe that causes severe spasms of coughing. Children are the usual sufferers and should be given a teaspoonful of Ipecacuanha Wine to cause vomiting. If the spasm does not pass off, the Doctor should be sent for, as there is risk of the complaint in reality being something much more serious.

DANDRUFF. A scurfy condition due to inflammation of the scalp. The remedy is massage with Jaborandi Hair Tonic, after thoroughly washing the hair.

DEPRESSION. Depression is usually an indication that the nervous system is run down and that a tonic is needed. A course of Magor's Phosphor Tonic will revitalise and restore nerve-energy, and is very beneficial.

DIARRHŒA. Excessive discharge from the bowels may cause serious lowering of the general health. A good diarrhœa mixture will usually bring quick relief. Diarrhœa in infants should be carefully watched, and if it persists, the advice of a medical man should be sought.

DIPHTHERIA. Sore throat accompanied by ulcerated patches on the tonsils marks the oncoming of diphtheria, a serious infectious complaint which requires the immediate attention of a Doctor.

DIZZINESS. Usually due to gastric disturbance. Care should be taken to prevent this by means of regular doses of Dr. Allen's or Vances Health Salt. Particular attention should be paid to the action of the bowels and any constipation remedied by means of Chocoloids.

"**DROUGHT THROAT.**" This is a type of sore throat which makes its appearance after long spells of hot, dry weather. Untoward consequences are prevented by taking Tonsilitis and Sore Throat Tablets.

DYSPEPSIA. A form of indigestion which is particularly lowering to the general health. Steps should be taken to remove it by means of Verisan Digestive Powder, a most effective remedy. This remedy is now obtainable in Tablet form also—a convenient form of relief when meals are taken away from home. Regularity in meals is most necessary and starchy foods, pork, etc., should be avoided.

PHYLLOSAN TABLETS STRENGTHEN THE NERVES

EARACHE. In most cases earache is relieved by a hot fomentation applied above the ear, or a small mustard plaster behind it.

ECZEMA. An inflammatory, " itchy " condition of the skin, often associated with some other ailment (which should be treated, if known). Relief is obtained by applying Germotak to the affected part. Always use Germotak Soap.

ERYSIPELAS. A notifiable, infectious disease of the skin, characterised by bright red skin-rash and high body-temperature.

EYE (Grit in). To remove foreign bodies from the eye, roll up a piece of white blotting-paper like a pipe lighter, moisten and use with care.

EYES (Care of). Like every other organ, the eyes need to be cleansed frequently, and periodical bathing with Eye Lustrant Lotion—using an eye-bath—will do much to lessen strain, tiredness and soreness.

FAINTING. Loosen all clothing round the throat, neck and chest. Lay the patient flat, with the head slightly lower than the body, and sprinkle face and hands with cold water. Smelling salts may be used, but avoid giving the patient any liquid to sip until consciousness is fully recovered.

FEVER. Abnormally high temperature is almost certainly a sign that medical attention is required. It is a wise plan to keep a clinical thermometer in the house, so that the temperature can be taken at the first sign of illness. The normal body temperature is 98.4 degrees (Fahrenheit).

FLATULENCE. The presence of " wind " in the stomach and intestines is due to imperfect digestion. Certain foods are specially conducive to flatulence, and stews, soups, strong tea and starchy foods should be avoided. Relief is obtained by taking Heartshape Indigestion Tablets, one or two after meals.

GERMAN MEASLES. Isolation is necessary and the Doctor should be called in.

GOUT. A painful inflammatory condition of the smaller joints, caused by the failure of the kidneys to eliminate uric acid. A light and simple diet is essential, whilst local relief may be obtained by applying Electric Liniment.

PHYLLOSAN TABLETS FORTIFY THE HEART

GRIPPE. Another name for influenza (see below).

GUMBOILS. Abscesses in the mouth are generally caused by decayed teeth which must be extracted. Verisan Glycerine of Thymol diluted with 2 or 3 parts of hot water makes an excellent mouthwash.

HÆMORRHOIDS. See Piles.

HAY FEVER. A catarrhal complaint common in the early Summer. Sure relief is given by the application of Efedrex Jelly to the nostrils.

HEADACHES. May arise from a variety of causes, such as biliousness, neuralgia, etc. Relief can be obtained by taking one or more tablets of Phen-pyrin according to the directions.

HEARTBURN. An acid, burning sensation at the pit of the stomach and one of the symptoms of dyspepsia. (See page 9.)

HOARSENESS. For slight hoarseness, or to ease the voice during long periods of speaking, 'Winterettes' are very beneficial. Where the hoarseness is due to cough or sore throat, a Lobelline Lozenge should be sucked occasionally. Lobelline Lozenges instantly stop tickling and soreness.

HICCOUGH (HICCUP). Can usually be stopped by slowly sipping cold water. Another method is to allow a lump of sugar to dissolve slowly in the mouth.

HOUSEMAID'S KNEE. See Bursitis.

IMPETIGO. A contagious skin rash which quickly spreads with scratching. The modern treatment is to apply strips of either Flexoplast or Elastoplast and leave them undisturbed for at least a week, after which they may be renewed if necessary.

INDIGESTION. All sufferers from indigestion should pay strict attention to regularity of meals and simplicity of diet. Indigestion exhibits itself in various forms, all of which respond readily to treatment with Verisan Digestive Powder or Tablets (MacLean's Formula).

INFLUENZA. The patient should at once be put to bed, as even mild attacks are liable to turn suddenly worse. A laxative should be administered, and a light diet followed. Continued feverishness demands attention of a medical man. The most effective remedy

PHYLLOSAN TABLETS Increase the Body's Resistance to Influenza

for Influenza is Gee's Cold and Influenza Mixture, which has the condition firmly under control after a few doses. To prevent general infection, sprinkle or spray the house with Pynine Brand Vapour.

INSOMNIA (SLEEPLESSNESS). Usually attributable to disordered nerves, for which a good nerve tonic is desirable. Change of scenery and occupation are advisable, and a course of Magor's Phosphor Tonic should be commenced. This "tonic in a 1,000" revitalizes the whole system, improves your appetite and makes you sleep well.

JAUNDICE. A disorder of the biliary system, in which the skin takes on a yellow colour. The patient should be put to bed, all solid food removed from the diet, and the doctor sent for.

KIDNEY COMPLAINTS. Pains in the back, Lumbago, etc., caused by disordered kidneys, are alleviated by taking Harden Griffith's Buchu-Juniper Pills night and morning, with a draught of water. Speedy relief and comfort may be obtained by the application of a Verisan Belladonna Plaster. If organic disease of the kidneys is suspected, a doctor should be consulted.

LEAD POISONING. In actual cases of lead poisoning 3 to 5 grains of Potassium Iodide should be administered in water.

LIVER. Sluggish liver is one of the most common causes of lowered general health. It should be rectified by taking a course of Little Liver Pills, whilst a morning dose of a good Health Salt (Dr. Allen's or Vances) should be made an invariable practice.

LUMBAGO. Lumbago and all muscular pains are alleviated by the application of a Verisan Porous Belladonna Plaster, or by external application of Electric Liniment, especially if the trouble is treated at the same time with Electric Tablets, taken internally.

LUPUS. An obscure and persistent skin disease for which a Doctor should be at once called in. X-ray treatment is usually necessary.

MALARIA. A type of fever prevalent in tropical countries and spread by a species of mosquito. Generally yields to Quinine, which acts as a specific.

MEASLES. An infectious disease, not in itself dangerous, but requiring in certain areas to be notified to the local Medical Authority.

It usually attacks children, and is rarely suffered a second time. The symptoms are spots which commence behind the ear and spread over the whole body. Isolation is necessary, and children in the same house should be kept at home.

Patients are very liable to be left much weakened by the attack, and care should be taken to build up strength during convalescence. Maltogen, which combines the body-building properties of Parrish's Chemical Food with the Vitamin-richness of Cod Liver Oil and Malt Extract, is excellent for this purpose.

MIGRAINE. Sick Headache of a neuralgic type induced by stomach disorder. Usually it is confined to one side of the head and sometimes it is accompanied by dizziness. Attacks cannot always be prevented but the pain can be relieved. One or more Phen-pyrin Tablets, taken as directed, give immediate relief. The patient should abstain from food for a few hours. Eau de Cologne applied to the temples is very soothing.

MOUTH. It should always be remembered that the mouth is one of the main seats of germ-invasion. Oral hygiene is very desirable, and it is a good practice to gargle daily with Verisan Compound Glycerine of Thymol. Scrupulous attention should be paid to the teeth and Peroxide Tooth Paste used twice a day.

MUMPS. An acute, infectious disease. Medical attention should be obtained.

NERVOUSNESS. Nervousness results from worry, debility, overstrain or lowered vitality. To strengthen every nerve fibre in the body and revitalize the whole system nothing is so beneficial as Magor's Phosphor Tonic, which imparts new life, new energy and new nerve force.

NETTLERASH. An irritating affection of the skin resembling eruptions caused by stinging nettles. It is usually connected with digestive troubles and often follows the eating of shellfish or nuts. The best treatment is a good dose of some antacid such as Cream of Magnesia. The itchiness should be soothed with dilute carbolic lotion.

NEURALGIA. Persons subject to frequent neuralgia should avoid sudden excitement and keep to a diet of plain, wholesome food.

When an attack commences Butler's Tic Cure will be found to give immediate relief.

NEURASTHENIA. A condition of nervous exhaustion usually arising from mental distress, overwork, worry, etc. Complete rest and quiet are very desirable. Plenty of good, wholesome food helps to restore a sound, normal outlook, and a nerve tonic, such as Magor's Phosphor Tonic (which also aids digestion) often proves of immense benefit.

NOSE-BLEEDING. This is almost invariably checked if the patient is made to lie down and some cold object, such as a key, is applied to the neck, while a wet handkerchief is applied to the nose and face.

OBESITY. Excessive plumpness whilst not as a rule involving any degree of ill-health, usually causes much anxiety to the person concerned. A good method of slimming that is at once safe and effective is the use of Parkes' Improved Slimming Tablets, which incorporate the virtues of the famous Austrian Spa. Special Slimming Bath Salts can now be obtained, and these have proved extremely beneficial to the over-fat.

PERITONITIS. Inflammation of the abdominal membrane, in which the onset is sudden and severe. A doctor should be consulted immediately.

PILES (HÆMORRHOIDS). Congestion of the veins in the anal region, often accompanied by bleeding. Kutisol Pilecones can be thoroughly recommended as affording immediate relief in this distressing complaint.

PLEURISY. Inflammation of the lining of the chest, accompanied as a rule by a sharp pain in one side of the lungs, and harsh cough. The attention of a doctor is absolutely essential.

PNEUMONIA. A very prevalent and distressing complaint which may develop after a chill if the subject is in a low state of health. Pneumonia is believed to be caused by a germ that is always present in the mouth, but does not invade the chest and lungs as long as the general health is normal. The symptoms are high fever, severe pain in the side, rapid breathing and a short painful cough. There is an expectoration rusty-red in colour. Patients should be put

MALTOGEN—DEFINITE VITAMIN FOOD FOR STRENGTH BUILDING

to bed and not allowed even to sit up, as pneumonia is accompanied by risk of heart failure. Medical attention is essential. It should be borne in mind that all sufferers from chest complaints need to be specially careful not to contract a chill, particularly as pneumonia is very frequently associated with influenza, bronchitis and other complaints. Those whose chest or lungs are liable to attack should make it a practice to take a teaspoonful of Gee's Lobelline every morning and at night two teaspoonfuls in hot water, sipped slowly. This effectively prevents the onslaughts of all chest and lung complaints.

PYORRHŒA. A condition of the sockets of the teeth in which purulent matter is pumped out and gradual loosening occurs. In view of the serious effects on general health, it is advisable to consult your dentist. The disease never reaches an advanced stage if care is taken, from early childhood, that no irritant matter is allowed to collect on the teeth or gums. A cleansing dentifrice, such as a good Peroxide Toothpaste, should be adopted.

QUINSY. A serious and very painful throat affection that attacks when the vitality is low. Anyone who suffers any soreness of the throat should have immediate recourse to Tonsilitis and Sore Throat Tablets.

RHEUMATISM. The character of rheumatism is too well known to need description, but something may be said about its causes. Undoubtedly exposure to damp or to sudden changes of temperature are frequent causes, especially where the parents or grandparents of the sufferer have also been rheumatic subjects. One exciting cause is generally considered to be constipation, which should always be specially treated. Apply a Verisan Porous Belladonna Plaster to the parts affected; or Electric Liniment may be used externally on the muscles and joints and Electric Tablets taken internally. Sufferers from chronic Rheumatism would be well advised to commence taking a course of Marienbad Salts, the active principle of the famous waters.

RICKETS. A complaint characterised by unsatisfactory bone formation, the child having very thin and wasted limbs. The cause is shortage of Vitamin D. It may be remedied by administering substances rich in this Vitamin. Cod Liver Oil, the chief of these

MALTOGEN ASSISTS THE KIDDIES' FIGHT AGAINST ILLNESS

substances is, in the form of Palatable Cod Liver Oil Emulsion, both nourishing and pleasant to take. Plenty of full cream milk should be provided and the patient given a "sunshine cure" if possible. Maltogen, containing Parrish's Chemical Food combined with Malt and Oil, is a most valuable strengthening food in cases of rickets. It helps to build the bone, muscle and flesh so necessary to health in growing kiddies. Recently, the introduction of Halibut instead of Cod oil has found favour with many. Malt Extract with Halibut Liver Oil is exceptionally rich in Vitamin D and contains such a low proportion of oil that it is most palatable.

RINGWORM. A skin disease that usually attacks the scalp, especially of children. The best method of treating ringworm is undoubtedly by means of X-rays. Where the spots affected are small, the hairs should be pulled out separately by the roots and the areas bathed with a solution of perchloride of mercury (poison) (two grains to the ounce). Germotak Ointment should afterwards be applied, even after the ring-worm has apparently disappeared. A good strengthening tonic food, such as Maltogen, should be given to the patient.

SCIATICA. Neuritis of the muscles of the thigh. Massage is very beneficial. The pain is relieved by application of Electric Liniment.

SCALDS. See Burns.

SCURF. See Dandruff.

SEA SICKNESS. Nausea during travel, whether by sea, by road or by air, is an unnecessary suffering to-day, when Sea Sickness Tablets or Capsules are a sure preventive of trouble.

SHINGLES. A skin eruption characterised by the appearance of numerous small blisters on the trunk, often accompanied by severe neuralgic pains. Externally Verisan Dusting Powder should be sprinkled on freely. For the neuralgic pains, one or more tablets of Phen-pyrin, taken as directed, give relief.

SORE THROAT. To guard against infection take Tonsilitis and Sore Throat Tablets at the first sign of soreness. It is prudent to gargle frequently with Verisan Compound Glycerin of Thymol. If diphtheria is suspected, see a doctor at once.

STINGS. Stings of insects are best treated by applying ammonia, iodine or olive oil. The sting itself should be removed, either with tweezers or by means of a hot poultice. Wasp-stings on the tongue should be treated immediately by a doctor as there is risk of suffocation from the swelling.

STYE. A pimple-like swelling on the eyelid. The eyelid should be bathed with warm, or hot, boracic or zinc sulphate lotion. Poultices should on no account be applied. The presence of styes is an indication that the subject is run down and needs a good tonic. Parrish's Improved Chemical Food is perhaps the most suitable.

SUNSTROKE. The sufferer should be carried to a shady spot and the head kept erect. Clothing should be loosened and cold water or, if possible, ice, applied to the head, until the doctor arrives. Sun-bathers should be particularly careful, and the body should not be exposed without being prepared by the application of Stahls Sun Tan Cream.

TOOTHACHE. For neuralgic affections, Butler's Tic Cure can be relied upon to give relief.

ULCERS. These can now be completely cured without the patient being confined to bed. The treatment consists in applying an elastic plaster bandage—such as Flexoplast or Elastoplast—but should be carried out only under medical supervision.

VARICOSE VEINS. Nowadays a simple injection ends Varicose Veins, and for that reason they should be examined by a doctor before they become serious. Support is given by bandages such as Flexoplast Half-spread, Elastocrepe or Semiplast, which allow free movement and exercise.

WARTS. Apply Kutisol Wart Charmer.

WHOOPING COUGH. A disease easily recognised by its characteristic whoop. Though dreaded, this complaint is not really serious for normal, strong children, and soon responds to Whooping Cough Mixture. When the whoop stage is reached, the child should be allowed to get up and even, if there is warm sunshine, to play out-doors. Whooping Cough Liniment gives great relief when rubbed into the chest.

LOBELLINE IS THE IDEAL COUGH MIXTURE FOR CHILDREN

First Aid in Cases of Poisoning

WE cannot too strongly emphasise that where poisoning is either definitely known or even suspected, you should SEND FOR THE DOCTOR IMMEDIATELY. And it will avoid delay if you remember to tell your messenger the address, also, of the next nearest doctor, in case the first should chance to be absent.

Whilst your messenger is on the way, you can render the patient valuable aid by observing the treatment given below, according to the nature of the poisoning.

We must give one very important warning here, however. If you see the lips are burned, you will know instantly that it is an acid poisoning. In that case DO NOT GIVE AN EMETIC. Otherwise, proceed as follows:

When poison has been taken into the stomach, the first move is either to neutralise its effects by administering an antidote according to the nature of the poison, or else to give an emetic. An emetic is something that will cause the patient to vomit, and two very good household emetics will be found in lukewarm salt water, or mustard and water. But do not forget: If the lips are burned, do not give an emetic.

We give below a few of the more common forms of poisoning (together with the symptoms by which you may recognise their presence) and their correct treatment:

ACIDS (see also Carbolic Acid or Lysol, Prussic Acid, Salts of Lemon, Zinc Salts). With strong mineral acids, the mouth and lips will be stained and burnt or blistered. Nitric Acid gives a yellow stain; Hydrochloric Acid (commonly known as Spirits of Salt) gives an angry red stain; Sulphuric Acid (commonly known as Vitriol) gives a black stain. Strong Acetic Acid smells like vinegar.

Treatment. Administer a tablespoonful of chalk, whitening, magnesia, or even ordinary wall plaster, stirred up in water. This will neutralise the acid, and you should then follow up with a good drink of olive oil, milk, gruel, or the white of an egg, to soothe the stomach and ease the pain. DO NOT GIVE AN EMETIC.

ALCOHOL. With acute alcohol poisoning there is a leering, vacant expression accompanied by giddiness. The pupils of the eyes become dilated and fixed, the pulse is quickened, perspiration rises on the forehead and hands, and the temperature of the body is lowered.

Treatment. Keep the patient awake. Apply cold douches to the head and administer hot, strong coffee or tea. The patient should be well wrapped up and put to bed.

ARSENIC (Weed Killers, etc.). With arsenic poisoning there is a burning pain in the stomach accompanied by excessive thirst.

Treatment. Administer emetics, after which give a drink of barley water or thin gruel. Apply warmth to extremities.

CAMPHORATED OIL. This will be recognised by the odour of camphor in the breath. The patient is overcome by giddiness and faintness.

Treatment. Administer emetic and apply warmth to extremities.

CARBOLIC ACID or LYSOL. The lips and mouth are burned into white blisters. There is a strong odour of carbolic in the breath.

Treatment. Give one tablespoonful of Epsom or Glauber Salts in a tumbler of milk or water.

CAUSTIC ALKALIS (Caustic Soda, Caustic Potash, Strong Ammonia, etc.). The mouth is blistered and white and slimy to the touch. Acute pain is felt as from acids.

Treatment. Administer vinegar or lemon juice in water and after the alkali has been neutralised give the patient a good drink of olive oil, milk, or the white of an egg. As an alternative to vinegar or lemon juice a solution of tartaric or citric acid of similar strength may be given.

IODINE. The mouth is stained and there is pain and burning in the throat and stomach.

Treatment. Give large draughts of water and starch to neutralise the poison, after which you may give the patient a drink of milk, thin gruel, etc.

PHOSPHOROUS (as from Rat-paste, Matches, etc.). Blistering is seen around the mouth and lips as from acids. There is pain in the stomach and the patient tries to vomit.

Treatment. Administer emetics. Afterwards give milk, thin gruel or white of an egg. DO NOT GIVE OILS OF ANY DESCRIPTION.

PRUSSIC ACID. This can easily be detected by its odour like bitter almonds. The patient is affected by giddiness and staggering and sometimes by complete insensibility.

Treatment. Dash cold water on the head, back of neck and spine. Apply artificial respiration. Hold smelling salts beneath the nose. If the patient is able to swallow give alcoholic stimulants.

PTOMAINE POISONING. This is accompanied by shivering and the patient is afflicted by colic, probably vomiting, and violent purging which brings on weakness.

Treatment. Administer an emetic and after the patient has been persuaded to vomit give a purgative, such as Castor Oil. Apply warmth to extremities.

SALTS OF LEMON. Patient complains of a burning pain in the stomach.

Treatment. Administer half an ounce of chalk, whitening or wall plaster stirred up in water.

ZINC SALTS (i.e., soldering fluid, etc.). The mouth and lips are rough and corroded and the patient may be seen to heave and vomit.

Treatment. Give two teaspoonfuls of Bicarbonate of Soda in water. After a short interval the patient may be given milk liberally, BUT DO NOT GIVE EMETICS.

The Coronation Chair

Westminster Abbey.

THE CORONATION CHAIR in which the monarchs of England are crowned is perhaps the most remarkable and romantic piece of furniture in the world. Tradition claims that it holds the luck of our English Monarchy. It was made for Edward I, and from that reign up to the present day every monarch of this realm has sat upon it at the ceremony of the Coronation.

The chair is 6 ft. 7 in. in height, the seat being 28 in. in breadth and 18 in deep. It is of old, battered, worm-eaten hardwood. Raised about nine inches from the ground is a board base supported by four carved lions one at each corner; and secreted within the box-like enclosure between the seat and this base is to be found the famous Stone of Fate, or Stone of Scone (see opposite page).

It was brought to England by Edward I in the year 1296, after he had overcome John Baliol, King of Scots. All former Kings of Scotland had been crowned upon it, and the Scots regarded it with great awe and reverence. Its loss must have filled them with a strange superstitious dread.

When this antique Regal Chair was brought to England, Edward I is said to have treated it with extreme reverence. In 1297 he solemnly offered it to St. Edward the Confessor, and it is from this fact it has derived its common appelation of St. Edward's Chair. It is normally preserved in Westminster Abbey.

* * *

YOUR BIRTHDAY & YOUR HEALTH

Those born between 22nd December and 21st January are usually liable to suffer from complaints arising from derangements of the digestive system, such as dyspepsia, constipation, indigestion, etc. They are also frequently subject to catarrh and a dry eczema that, while it is not of a serious nature, nevertheless gives rise to some little irritation.

The blood circulation is not good, and this renders the subject particularly prone to colds, influenza, etc., whilst rheumatism, especially of the knee joints and thighs, is almost invariably present in the January born.

They should guard against falling into fits of despondency, or of harbouring melancholy thoughts and ideas whether about themselves or others, for this has a direct reactionary effect upon their general health.

· January ·

S	⊕	3	10	17	24	31
M	⊕	4	11	18	25	⊕
Tu	⊕	5	12	19	26	⊕
W	⊕	6	13	20	27	⊕
Th	⊕	7	14	21	28	⊕
F	1	8	15	22	29	⊕
S	2	9	16	23	30	⊕

· February ·

S		7	14	21	28	
M	1	8	15	22		
Tu	2	9	16	23		
W	3	10	17	24		
Th	4	11	18	25		
F	5	12	19	26		
S	6	13	20	27		

YOUR BIRTHDAY & YOUR HEALTH

The chief complaints of those born between 21st January and 20th February can nearly all be traced to defective circulation of the blood. They will be liable to suffer from frequent headaches, cold feet, nasal catarrh, earache and rheumatic disorders that may, if not checked, easily develop into rheumatic fever.

The respiration is often faulty, and February people should pay special attention to developing correct and regular breathing, and should observe that the blood stream is maintained in a clean and healthy condition.

They will discover that rhythmic breathing exercises will restore the circulation, warm the body, banish insomnia and rid the mind of those lurking doubts and attacks of morbidity that seem ever to be associated with those born in this month.

* * *

The Coronation Stone

THE CORONATION STONE, or Stone of Fate, which is concealed beneath the seat of the Coronation Chair, is a solid block of oblong shape, of a greyish hue tinged with veins of red. Its origin is lost in the world of myth, but it has played an important role in the history of these isles, whatever its genesis.

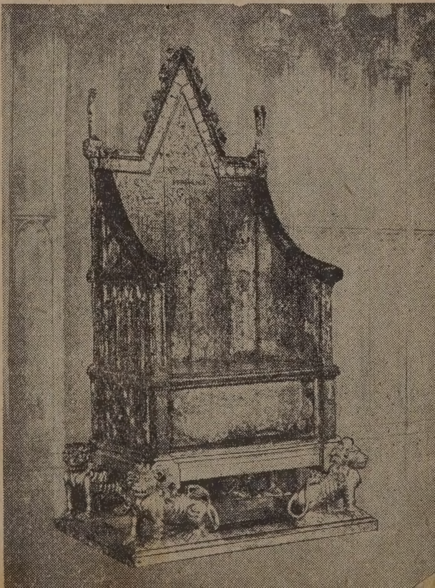
Legendary history claims that this is the identical stone which Jacob used for a pillow in the plain of Luz, and that it was brought to Brigantia, in the kingdom of Gallicia, in Spain, where Gathol, King of Scots, sat upon it as his throne. From Gallicia it is said to have been conveyed to Ireland by Simon Brech, King of Scots, about the year 700 B.C., and was later carried to Scotland by King Fergus about 330 B.C. In the year 850 A.D. it was transferred by King Kenneth to the Abbey of Scone (hence its title the Stone of Scone), and this king caused it to be enclosed within a wooden chair, or throne, engraved with the prophetic verse :

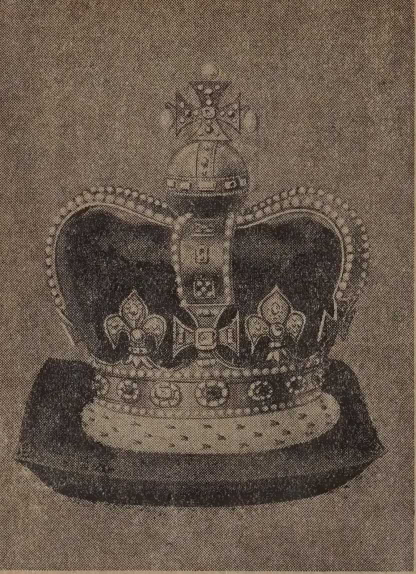
> " Should Fate not fail, where'er
> this stone is found
> The Scots shall monarchs of
> that realm be crown'd."

The prophecy was certainly borne out in the case of James Sixth of Scotland ; and the chain of circumstances which led to his becoming King James First of Great Britain are undoubtedly remarkable, and would seem to reveal the hand of fate in our island history.

The stone is about 22 ins. in length, 13 ins. broad and 11 ins. deep.

The Coronation Chair and Stone





St. Edward's Crown

St. Edward's Crown

NEXT to the Coronation Chair, the most important item in the coronation ceremony is King Edward's Crown, or "St. Edward's Crown," as it is popularly called. This is the diadem employed by the Archbishop in the actual act of crowning whilst the King is seated in the Coronation Chair.

St. Edward's Crown still retains its title to this day in commemoration of Edward the Confessor, although the original crown of St. Edward was wantonly destroyed by the Commonwealth during the wars of Charles I's reign. Charles II, however, ordered an exact replica to be made, and the present crown was made by Sir Robert Vyner in 1662 as nearly as possible on the style of the original. Since that year to the present day, every monarch of England has been crowned with it.

The crown is of gold, richly ornamented with pearls, diamonds, emeralds, rubies and sapphires. It is surmounted with a sphere of gold, and this again is encircled by a golden band enriched with precious stones. Above the ball is a golden cross, studded with gems, and having three large oval-shaped pearls, one at the top and one suspended at the end of each of the extended arms of the cross.

This is the oldest crown in the regalia, and after the coronation ceremony it is never used again until the next monarch is crowned. It weighs about 5 lbs.

* * *

YOUR BIRTHDAY & YOUR HEALTH

Those born between the 21st February and the 21st March almost invariably suffer from foot troubles. Sometimes it is in the form of corns, callouses, hammer toes, etc., and at others as what is commonly known as "chalk rheumatism" which rubs off from the soles of the feet in a white powder. Great care should be taken to avoid getting the feet wet or standing about in the damp and cold.

They are also liable to minor disorders of the blood and to suffer from headaches. Worry or despondency should be avoided, as this is calculated to bring on functional disorders and kidney complaints which may also arise after undue mental or physical strain. They should practice moderation in all things, particularly in foods and the quantity of liquids consumed.

· March ·

S	⊙	7	14	21	28	⊙
M	1	8	15	22	29	⊙
Tu	2	9	16	23	30	⊙
W	3	10	17	24	31	⊙
Th	4	11	18	25	⊙	⊙
F	5	12	19	26	⊙	⊙
S	6	13	20	27	⊙	⊙

YOUR BIRTHDAY & YOUR HEALTH

Those born between the 21st March and the 21st April are very active mentally and physically and are apt to overtax the brain through applying themselves too long to close work in which they may be interested. They are liable to suffer from headache, eye trouble, neuralgia, etc., and possibly nasal and ear affections.

Those born during this period need more sleep than most other people, and harmonious surroundings are essential to their health. Most of the complaints to which they are subject are brought on through over excitement, mental strain, worry or anxiety; but if care is taken to form regular, steady habits, regular hours of sleep and daily exercise in peaceful surroundings, the complaints to which they are liable may be avoided.

April

S	⌖	4	11	18	25	⌖
M	⌖	5	12	19	26	⌖
Tu	⌖	6	13	20	27	⌖
W	⌖	7	14	21	28	⌖
Th	1	8	15	22	29	⌖
F	2	9	16	23	30	⌖
S	3	10	17	24	⌖	⌖

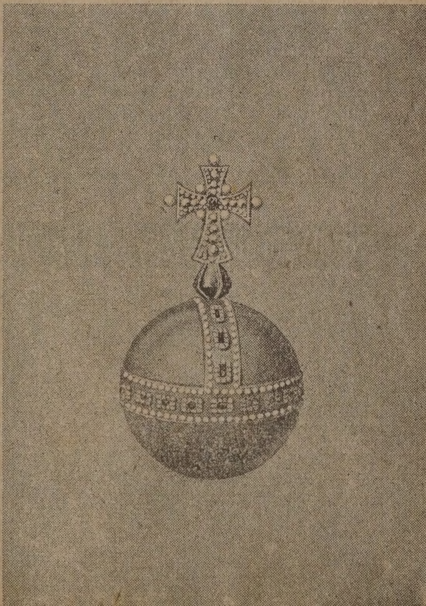
The Orb

THE ORB, or Globe, which is placed in the King's hand immediately prior to the act of crowning, is a golden sphere 6 ins. in diameter. About the middle it is encircled by a band of gold, beautifully embellished with roses of diamonds encircling other precious stones and edged around with pearl. On the top of the sphere is to be found a large purple amethyst shaped somewhat like an egg, and about an inch and a half in height. The head of this jewel is bound with four silver wires and forms the base for a magnificent cross, about 3 ins. square, very closely studded with diamonds. In the centre of the cross is set a large glittering gem, one on the front and another on the reverse. On the one side it is an emerald, and on the other a sapphire.

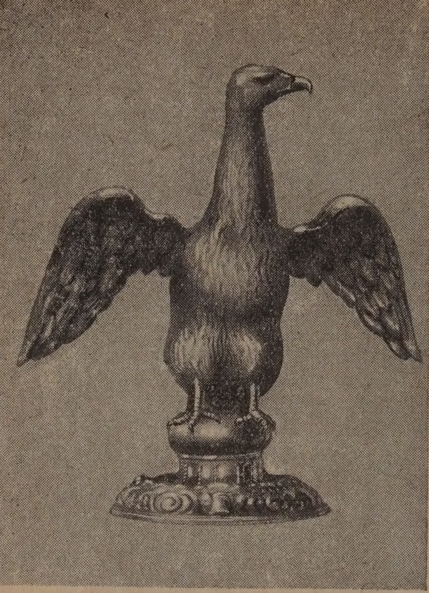
About the centre of the cross, where the angles are formed, will be found also four large pearls, while three other pearls can be seen extending from the extremities of the three arms of the cross.

The total overall height of the cross and ball is about 11 ins. It is placed in the King's right hand at the moment that his majesty is vested, and is intended to symbolise that the kingdom of the world is governed by a higher spiritual kingdom above.

Among the Crown Jewels in the Tower may be seen a smaller orb made on an exactly similar pattern. This was made for the coronation of William and Mary when we had an actual queen as well as an actual king.



The Orb



The Ampulla

The Ampulla

THE AMPULLA is a hollow vessel, fashioned in the form of an eagle, which contains the annointing oil employed by the Archbishop in the chief ceremonial rite of the coronation.

As will be seen from the illustration, this vessel is in the form of an eagle with outstretched wings, resting upon a pedestal. It is about 8 to 10 ins. in height, and is of pure gold, elegantly chased.

The head unscrews at the neck for inserting the oil, which is poured out into the anointing spoon through the point of the beak. The hollow cavity of the body is capable of holding about six fluid ounces.

Its age is uncertain. Parts of the vessel appear to be older than others, and it is probable that the original ampulla was rescued, sometime after the Commonwealth, and restored.

The Anointing Spoon is also of pure gold, and has four pearls set in the wide portion of the handle. The bowl of the spoon is finely chased on both the inside and the outside, and, judging by the thinness to which this is worn, the spoon is believed to be much more ancient than most of the other items of the coronation regalia. It is probably one of the few surviving relics of the original treasures from the time of Edward I.

* * *

YOUR BIRTHDAY & YOUR HEALTH

Those born between the 21st April and the 21st May are chiefly liable to suffer from throat affections, but they may also possibly develop slight minor trouble with the heart, flatulence, etc., for they are inclined to be a little too fond of personal ease, and they have a tendency to form "flabby" habits—lolling about hunched up in easy chairs, etc., after meals. This tends to induce stoutness. Those born during this period should, therefore, take great care to develop regular habits of light daily exercise, particularly of easy walking at a quiet regular pace; but they should on no account make a practice of running or hurrying for trains and 'buses after a meal. They should also void too heavy meals, particularly of over-rich fatty foods, and if at all possible, it is advisable for them to rest, if only for a few minutes, after meals.

• May •

S	⊙	2	9	16	23	30
M	⊙	3	10	17	24	31
Tu	⊙	4	11	18	25	⊙
W	⊙	5	12	19	26	⊙
Th	⊙	6	13	20	27	⊙
F	⊙	7	14	21	28	⊙
S	1	8	15	22	29	⊙

YOUR BIRTHDAY & YOUR HEALTH

• June •

S		6	13	20	27	
M		7	14	21	28	
Tu	1	8	15	22	29	
W	2	9	16	23	30	
Th	3	10	17	24		
F	4	11	18	25		
S	5	12	19	26		

Those born between the 22nd May and the 21st June are usually prone to nervous complaints, such as neurasthenia, etc. They should be careful to avoid undue mental excitement, or too lengthy application to exacting brainwork, especially when they are either physically or mentally fatigued, for this will have an instant effect upon the nervous system, which may give rise to functional disorders.

The respiratory system is also somewhat weak in the June born. They may develop affections of the bronchial tubes; and as the lungs are a vulnerable spot, great care should be exercised to avoid persistent colds which may easily develop into pneumonia if not checked in the early stages.

Plenty of fresh air and light exercise is essential *—and do not forget warmth and protection for the lungs in winter.*

* * *

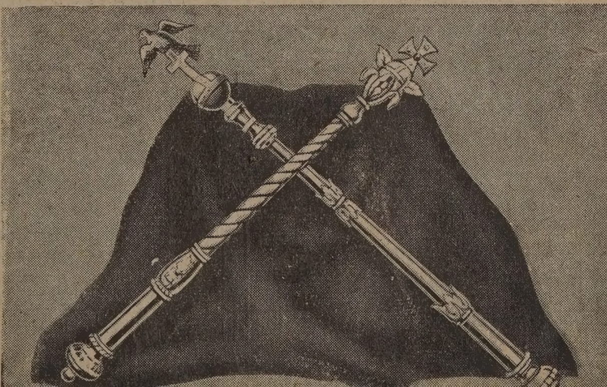
The King's Sceptres

THE ROYAL SCEPTRE, or Sceptre with the Cross, is 2 ft. 9¼ ins. in length. It is a sceptre of gold with the handle plain but the upper portion wreathed in a kind of Jacobean twist. The pomel at the lower end is enriched with rubies, emeralds and diamonds. Above the handle is an expanding portion of about 5½ ins. in length, elegantly embossed and ornamented with other similar precious stones. The ball at the top consists of an amethyst set around with diamonds. Above the ball is a cross closely encrusted with precious stones. In the head is the largest cut diamond in the world. It is part of the famous "Cullinan" diamond. A double fleur de lys of six leaves surrounds the orb or ball beneath the cross. Three of the leaves are upright and the other three drooping downwards. All six leaves are adorned with precious stones.

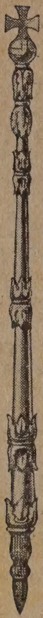
The Sceptre with the Dove is also of gold, about 3 ft. 6 ins. in length. The pomel of this sceptre is ornamented with a fillet of diamonds, and is studded in several places with precious stones of various kinds. The ball, or orb, at the top is also embellished with a fillet of rose diamonds. Above the orb is a cross upon which rests the figure of a dove with wings expanded, to symbolise Mercy.

This sceptre is sometimes named "The Rod of Equity."

The King's Sceptres



The Coronation Ring

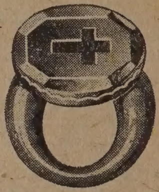


St. Edward's Staff

AFTER the King has been vested with the royal robes, the armill, etc., and the golden orb has been placed in his hand, the coronation ring is placed upon his finger. This ring is always placed by the Archbishop upon the fourth finger of the right hand. Queen Victoria judging the fourth finger to be the little finger, had the former ring of William IV altered to a much smaller size. But the Archbishop, with considerable difficulty, still pressed the ring upon her majesty's fourth finger, where it held so tightly that, at the conclusion of the ceremony when the ring came to be stored away with the other regalia, it could be removed only with pain and difficulty and bathing of the finger in iced water.

However, this incident was considered to augur well for the Queen's reign, for tradition claimed that the closer the ring should fit, the longer the reign. And Queen Victoria's reign of 63 years was certainly the longest in our history.

The coronation ring itself is of plain gold, set with a large ruby on which is engraved the cross of St. George. A new ring will be made for King George VI. In fact it is necessary to make a new ring for each sovereign; but the same ruby has been transferred into the setting for each successive monarch since the time of Richard II.



Coronation Ring

YOUR BIRTHDAY & YOUR HEALTH

Those born between 21st June and 21st July should exercise caution in their choice of foods, and should take great care that the bodily organs are given every opportunity to properly assimilate them. The digestive system is inclined to be weak, and if unduly taxed may give rise to gastric troubles, or, in extreme cases, to peritonitis.

They should be very careful of tinned foods, for they are rather prone to ptomaine poisoning. Fermenting foods should be consumed as little as possible, and intoxicating liquors definitely avoided. Plain, wholesome dishes are best, and they should be masticated slowly and thoroughly. Meals should also be served daintily and with scrupulous cleanliness, for the mental revolt from a slovenly-laid table will have a harmful reaction upon the digestive organs of people born during this period.

July

S		4	11	18	25	
M		5	12	19	26	
Tu		6	13	20	27	
W		7	14	21	28	
Th	1	8	15	22	29	
F	2	9	16	23	30	
S	3	10	17	24	31	

YOUR BIRTHDAY & YOUR HEALTH

Those born between 21st July and 21st August should pay special attention to the blood stream, to ensure that it is always well nourished and maintained in a pure and healthy condition. They should also avoid sudden spurts of energy, rushing for trains and 'buses, spasmodic fits of excitement or enthusiasm, rising suddenly from a bending posture, etc., for these things are liable to give rise to attacks of vertigo, palpitations and possibly swooning.

They are also liable to suffer minor ailments of the kidneys and bladder, while they should take great care to keep the head passages clear, for they are liable to adenoids, deafness, and head troubles, such as mastoid, etc., if the ears and nostrils are neglected.

· August ·

S	1	8	15	22	29	○
M	2	9	16	23	30	○
Tu	3	10	17	24	31	○
W	4	11	18	25	○	○
Th	5	12	19	26	○	○
F	6	13	20	27	○	○
S	7	14	21	28	○	○

* * *

St. Edward's Staff

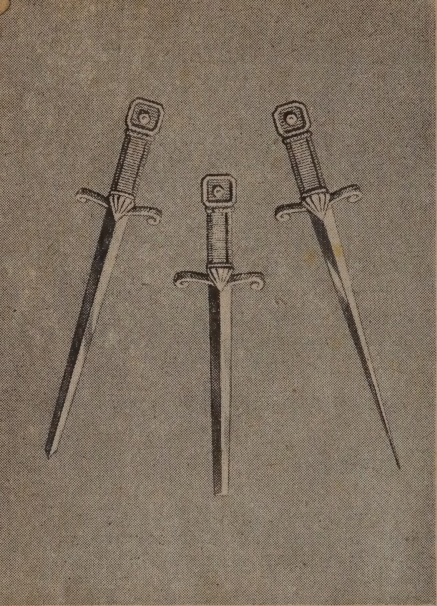
THE STAFF OF ST. EDWARD (see opposite page) is a long golden rod nearly 5 ft. in length and of an average diameter of about ¾ in. It is not a sceptre in the strict sense, but is carried before the King in the coronation procession. At the extreme lower end is a short tapering section of pike steel of about 4 ins. in length which serves the purpose of a hard-wearing foot by which the staff may be rested upon the ground. This is the only portion that is of base metal.

At varying positions along the length of the staff may be seen decorative sections of gold ornamental work, while at the head is a ball or sphere upon which rests a cross of that type which, in heraldry is known as "*pattee*"—narrow at the centre and broadening out at the extremities of the arms. Both the ball and the cross are plain in the case of St. Edward's Staff. That is to say, they are not embellished with jewels as in the Royal and Dove Sceptres.

The Staff, together with the rest of the Coronation Regalia, is normally housed in the Tower of London. Not until the eve of the coronation will the regalia be transferred into the custody of the Dean of Westminster in readiness for the following day's ceremony.

THE TOWER OF LONDON

Where the Coronation Regalia is housed



The Swords

The Swords

CHIEF of the three swords which are borne naked before the King in the coronation procession is the Curtana, or Pointless Sword. It is commonly known as the Sword of Mercy.

The blade is 32 ins. in length and nearly 2 ins. broad, and the handle—which is covered with fine gold wire—is 4 ins. long. The pomel and the cross are of plain steel gilt, the latter being nearly 8 ins. across. The scabbard belonging to it is covered with a rich brocaded cloth ornamented with gilded designs.

The Sword of Spiritual Justice (or, as it is commonly called, the Second Sword) is pointed. The blade is 40 ins. in length and 1½ ins. broad. The handle (which, like the Curtana, is bound with fine gold wire) is 4 ins. long, and the scabbard is in all respects similar to that of the Curtana.

The Sword of Justice of the Temporality, or Third Sword, is sharp pointed. The handle is 4 ins. long, and the scabbard is in all respects similar to the other two.

YOUR BIRTHDAY & YOUR HEALTH

If you were born between 22nd August and 21st September you should make a resolution to avoid dwelling upon the thought of illness, for you really have a very sound constitution *if you will only let well alone* and not impair your health by *fears* that you may develop whatever complaint may happen to be prevalent at the moment. For those born during this period are frequently inclined to doctor themselves unnecessarily. They can delude themselves into the belief that they recognise in themselves the symptoms of any complaint they may happen to read about, but in reality they are less liable to ordinary common illnesses than most people. They are nervous and highly-strung, and should train themselves to avoid worry, discord or heated argument.

Let them live harmoniously in congenial surroundings, take plenty of fresh air and light exercise, and they can usually rely upon Nature to protect them from all fashionable complaints.

· September ·

S	⊙	5	12	19	26	⊙
M	⊙	6	13	20	27	⊙
Tu	⊙	7	14	21	28	⊙
W	1	8	15	22	29	⊙
Th	2	9	16	23	30	⊙
F	3	10	17	24	⊙	⊙
S	4	11	18	25	⊙	⊙

YOUR BIRTHDAY & YOUR HEALTH

Those born between 22nd September and 22nd October are most liable to suffer from kidney complaints. They will get sudden, sharp stabbing pains in the back, which for the moment will leave them prostrate. And as the nervous system is not strong, these attacks are likely to leave them with severe headaches, morbid feelings and fits of depression.

They should pay special attention to the kidneys and liver, and should cultivate regular habits. Plenty of fresh air is essential and sharp walks with the shoulders thrown well back and the lungs expanded into regular rhythmic breathing will work marvels to tune up the system. They should never forget, however, that the kidneys are a vulnerable spot, and should be well wrapped up and protected around the waist from the danger of chills.

• October •

S	◇	3	10	17	24	31
M	◇	4	11	18	25	◇
Tu	◇	5	12	19	26	◇
W	◇	6	13	20	27	◇
Th	◇	7	14	21	28	◇
F	1	8	15	22	29	◇
S	2	9	16	23	30	◇

* * *

St. Edward the Confessor

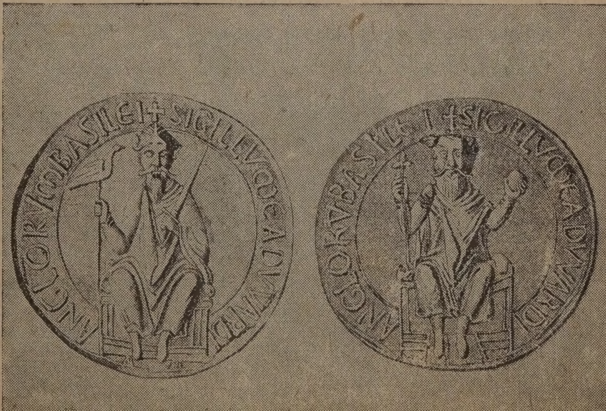
IT will be recalled that the Crown and the Chair which figure so prominently in the coronation ceremony, are commonly referred to as *Saint* Edward's Crown, and *Saint* Edward's Chair. But in actual fact they had no direct association whatsoever with the Confessor, except that Edward I (when he returned to England with the Golden Sceptre, the Regal Chair, and the Crown of Scotland) in 1297, solemnly dedicated them to St. Edward, whose memory was still honoured by the people of the realm.

Edward, surnamed the Confessor, was born at Islip, in Oxfordshire, in the year 1004. Son of Ethelred II, he came to the throne in 1041 upon the death of Hardicanute. The title of Confessor was conferred upon him by the Pope in gratitude for settling Peter's Pence; but he earned the title of *Saint* through his devout religious life and rigid self-discipline.

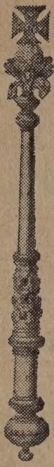
He was educated in Normandy, and was responsible for introducing French manners and customs into the English Court.

Upon succeeding to the throne he soon gained the affection and confidence of his subjects by his conscientious care in the administration of justice. He died in 1066, and with him ended the line of Saxon kings.

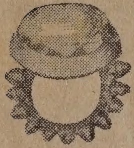
The Great Seal of Edward the Confessor



The Queen's Regalia



The Queen's Sceptre



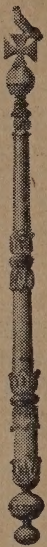
Queen's Coronation Ring

THE final rite in the coronation ceremony is the crowning of the queen. She is anointed with oil from the Ampulla in the same manner as has already been performed in the case of the king: the sceptre is put into her hand and the crown placed upon her head. This is the signal for all the peeresses present to put on their own crimson coronets, none of which have been worn prior to this moment in the proceedings.

The Queen's Sceptre with the cross, is of pure gold adorned with diamonds and other valuable jewels. It is 2 ft. 10 ins. in length, and is surmounted with a ball and cross issuing out of a fleur de lys. Immediately above the handle portion may be seen an embellishment of beautiful gold ornamental work somewhat similar to that in the King's Sceptre. The Queen's Sceptre, however, is smaller in size and thickness, and is not wreathed along the upper portion, as we saw in the case of the Royal Sceptre.

The Queen's Ivory Rod is a sceptre of white ivory 3 ft. 1½ ins. in length. The pomel and ornamental work are of gold, as also are the ball and cross at the top; but the dove which surmounts the cross is enamelled in white.

The Queen's Coronation Ring is set with a large table ruby, but this differs from that of the king in that it is not engraved with the cross. Set around the ring may be seen sixteen other small rubies, those nearest the setting being the largest and the remainder diminishing in size towards the back of ring.



Queen's Ivory Rod

* * *

YOUR BIRTHDAY & YOUR HEALTH

Those born between 22nd October and 22nd November are liable to have trouble with the lower organs, kidneys and bladder. They should be careful in their diet, and avoid over-indulgence in any form. Very rich, fatty foods should be avoided, and intoxicating liquors should in nowise be entertained. Temperance in all things should be their motto, and in the matter of meals a little light food taken frequently is far better than a heavy meal consumed at one sitting. Barley water will be found a good and reliable drink, and, flavoured to taste, it will be discovered that it can be made a very refreshing beverage.

In later life people born during this period often incline to stoutness, and care should be taken not to overstrain the heart by too violent exercise.

They should take great care during epidemics, for they are particularly liable to infection.

• November •

S		7	14	21	28	
M	1	8	15	22	29	
Tu	2	9	16	23	30	
W	3	10	17	24		
Th	4	11	18	25		
F	5	12	19	26		
S	6	13	20	27		

YOUR BIRTHDAY & YOUR HEALTH

Those born between 22nd November and 22nd December have usually a sound constitution, but they are liable to suffer from rheumatism, skin complaints, overheating of the blood, etc. They will, however, have a natural inclination towards outdoor sports, and these open-air exercises will benefit the system considerably. But they usually have a tendency to over-exert themselves at one period, and lapse into rather sluggish habits the next. This is particularly noticeable during the winter months, when they may be seen one day strenuously engaged in some violent outdoor exercise, and the next hunched up in an easy chair with a book, and smoking to excess. These extremes are not good for them, and are liable to bring on attacks of languid listlessness, fits of depression, sluggish liver, etc.

The lungs are inclined to be weak, and they are liable to hoarseness, sore throats, etc.

December

S		5	12	19	26	
M		6	13	20	27	
Tu		7	14	21	28	
W	1	8	15	22	29	
Th	2	9	16	23	30	
F	3	10	17	24	31	
S	4	11	18	25		

The Queen's Crown

OUR illustration shows the Circlet which it has been customary for the queen to wear when proceeding to the coronation. At the ceremony of the coronation, however, the actual crown with which Her Majesty is to be invested is borne before the queen in procession. It rests upon a crimson cushion, and is carried by one of the premier nobles of the realm, followed by other nobles bearing the Queen's Sceptre and Ivory Rod.

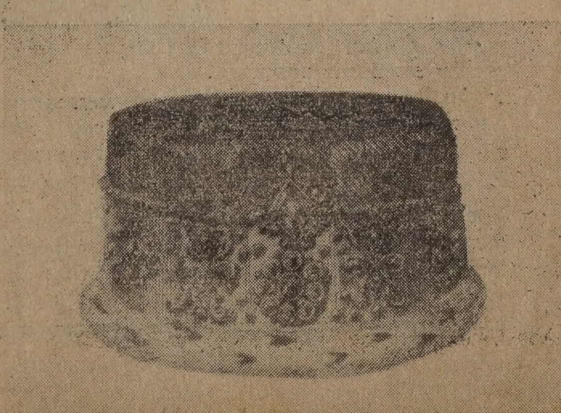
The beautiful Diamond Crown which was made for Queen Mary at the coronation of 1911 is composed of four crosses and four fleur-de-lys, all formed of diamonds, while the most prominent cross at the front is set with the famous Koh-i-nor which was presented to Queen Victoria by the East India Company to commemorate the annexation of the Punjab in 1849, when it was intimated that the peoples of India hoped the queen would accept the jewel as a personal gift and would not include it among the crown regalia.

One of the superstitions associated with the Koh-i-nor is that should the king, or any male member of the royal family, ever wear the jewel, the British Empire would lose India.

It is interesting to note that Queen Victoria did not leave this famous diamond to King Edward VII, but bequeathed it expressly to Queen Alexandra, willing it as an heirloom, to be handed down from one Queen Consort to the next.

Surrounding the Queen's Crown, and supporting the four crosses and fleur-de-lys, is a glittering circlet set alternately with roses and small crosses, all formed of diamonds. Its cap is of purple velvet.

The Queen's Circlet



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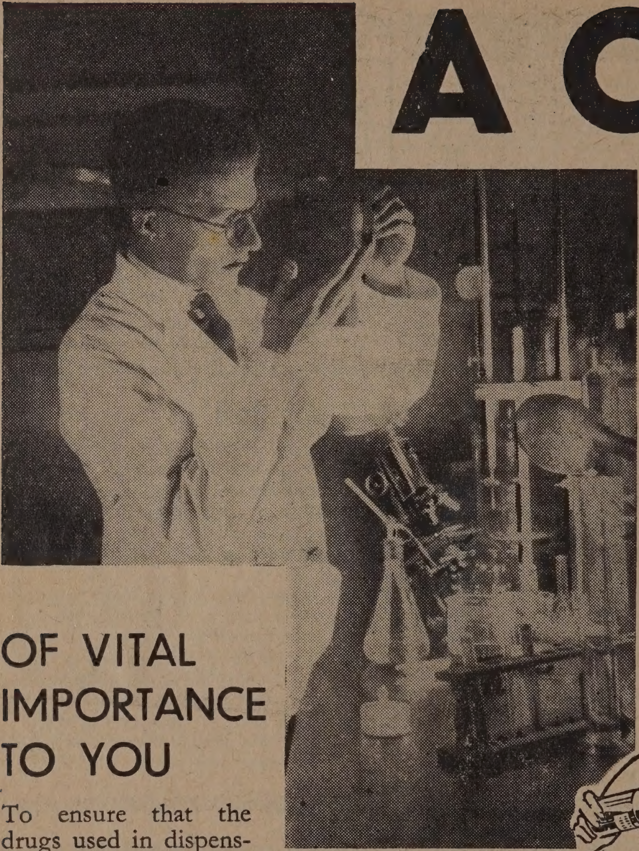


OF VITAL IMPORTANCE TO YOU

To ensure that the drugs used in dispensing your medicine are of the strength upon which your physician relies, all ingredients undergo careful examination in our own laboratories at the hands of qualified chemists before being despatched to our branches.

The constant renewals of our stocks consequent upon the huge extent of our business as well as our regular system of stock examination, ensure that all our drugs are perfectly fresh.

URACY

OUR physician depends upon your dispenser to follow tructions upon your prescription with unfailing accuracy. is of paramount importance that exactly what your ian prescribes—no more, and no less—goes into your ne bottle.

sure unfailing accuracy in dispensing every one of our saries throughout the country is under the direct and personal supervision of a fully qualified and highly trained chemist, having at his disposal all the resources of our own highly equipped laboratories.

BRING US YOUR PRESCRIPTIONS *for* ACCURATE DISPENSING

ISPENSE
ONAL
INSURANCE
RIPTIONS

We are registered under the National Health Insurance Act and attend to the requirements of Insured persons with courtesy and promptitude.

For the Leisure Hour

THE LAW OF AVERAGES

If you toss a coin, it is an even chance whether it comes down head or tail. But now suppose that same coin had been tossed by someone and it had come down "heads" ten times running. Would you not be prepared to lay odds against its coming down "heads" the eleventh time?

Yet it is still only an even chance.

A POSER FOR ARCHITECTS

A builder once claimed that he could build a house so that the outlook on all four sides should face north.

Do you think this possible? (*See page* 54.)

A DEFINITE TONGUE-TWISTER

It is believed to be impossible to repeat nine times running without hesitation the phrase "mixed biscuits."

LOGIC NOT ALWAYS RELIABLE

A native chief once discovered that certain of his subjects had become helplessly intoxicated after visits to the white man's territory, so he decided to investigate their haunts and discover the cause of this stupefying influence. He secured a guide, therefore, and entered one of the white man's licensed houses, where he discovered three of his men stupidly drunk. "What has this man been consuming?" he inquired of the steward who had served the drink. "Whiskey and soda," replied the steward. "And this one?" "Brandy and soda," said the steward. "And the third?" "Gin and lime and soda."

The chief thereupon returned to his camp—and issued an order *forbidding his subjects to consume soda water!*

YOU MAY ARGUE OVER THIS

What is the answer to the following equation? $23+1\times0$

ONE FOR NEWTON

If I am carrying a parcel tied up with string, the loop of which is slipped over my finger, which is supporting the strain of the parcel—my finger or the string?

SCIENCE STILL CAN'T EXPLAIN THESE

How a seed grows into a plant or tree.

How a cat can find its way back home from a distant place to which it has probably been carried by car.

What electricity is.

How a flower makes its perfume.

What change takes place in iron when it is magnetised.

Why only iron is capable of being magnetised.

What causes the aurora borealis.

What has happened to our consciousness when we are asleep.

THOSE MYTHICAL SPECULATIONS

"On St. Leger Day," observed our Club statistical bore, "the winners of the first six races started at 20—1, 20—1, 20—1, 8—1, 7—1 and 100—6 respectively. So if I had had a shilling accumulator on those six horses I should have had £588,999 12s. 0d. to come back, including my own shilling."

Is this true? (*See page* 54.)

IRISH BLUNDERS

During a debate on the leather tax in 1795 in the Irish House of Commons, the Chancellor of the Exchequer (Parnell) in a sudden burst of vehement oratory observed that in the prosecution of the present war every man ought to be willing to give his *last guinea* to protect the *remainder* of his fortune.

And in the same debate Mr. Vaudeleure said the tax on leather would be severely felt by the *barefooted* peasantry of Ireland! To which Sir Robert Roach replied that that difficulty could easily be overcome by making the *under-leather* of footwear of *wood*!

A MATHEMATICAL CURIOSITY

It is a curiosity, unexplained by mathematicians, that if you take any sum of money *less* than £11 19s. 11d. in which the pence is less than the pounds, and you deduct the same figures in reverse order, then add to that answer the figures of your answer in reverse order, the sum obtained will always be £12 18s. 11d. Thus:

£	s.	d.	£	s.	d.	£	s.	d.
10	19	3	7	6	2	5	18	4
3	19	10	2	6	7	4	18	5
6	19	5	4	19	7	0	19	11
5	19	6	7	19	4	11	19	0
12	18	11	12	18	11	12	18	11

When did YOU last bowl a hoop?

When did you last bowl a hoop? Could you run gaily beside one to-day or have you lost the energy of youth? Get it back.

If you commence the day with a languid listlessness and shrink at the prospect of the tasks before you, it is probably a sign that you have been drawing too heavily on your reserves of nervous energy.

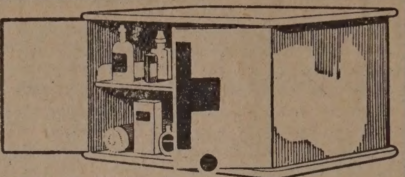
What you need is a good tonic. Get Magor's Phosphor Tonic—the tonic in a thousand. It will work wonders in you and restore your flagging vitality.

MAGORS Phosphor Tonic

THE TONIC IN A THOUSAND

IN BOTTLES - - - - - - - - 1/3, 3/- and 5/-

Ready For Emergencies



It is one of the oddities of life that when we are prepared against an evil, that evil rarely seems to happen. We are not caught in a shower on the days we have our umbrella with us—that sudden deluge usually catches us out on the day we have left the " gamp " at home !

How many times have we heard that tragic lament: " If only I had had some quinine in the house at the time, I could have checked that cold before it had time to develop." It is almost invariably the neglect of the *little* precautions that proves our undoing in all walks of life. We jog along in a sort of lazy indifference, buoyed by a false belief that although things may happen daily in other families, they will not, for some undefined reason, happen to us.

Yet they *do* happen to us. And they usually happen as we have already noticed, at times when we are unprepared for them. We suddenly discover we need something urgently from the chemist—usually just during those hours when the shops are closed. And what is worse than the anguish of being compelled to watch one of the family suffer, while we are unable, through sheer negligence and lack of preparedness, to ease the suffering ?

Is it not, therefore, worth the little thought and the small expenditure to be safeguarded against such a situation ? It costs very little to stock a small medicine chest with all the *emergency* requisites that the average family needs for its safety and comfort. Also, once she has fitted the cupboard, the orderly housewife will frequently congratulate herself upon having disposed of that untidy array of little phials and half-empty medicine bottles that have littered her shelves for so long. So let us inquire how we are to set about it.

First, we need a small cupboard (preferably fitted with a lock) about eighteen inches square, divided across the middle with a shelf. We can purchase such a cupboard for a few shillings—or persuade father to make us one. We fit this in some convenient position at a handy height, but out of the children's reach ; and we keep the key in some safe place—known also to other responsible members of the family in case of need in our absence.

All bottles containing liquids should be placed on the *bottom* shelf, to ensure that, should any bottle happen to leak, it will not drip through on to things below and ruin them. On the top shelf should be placed our bandages, dressings, cotton wool, ointments, crystals, etc.

Now let us inquire what we shall need to stock our medicine chest against all ordinary emergencies.

DRESSINGS

A packet of Boric Lint (i.e., Pink Lint) for dressing wounds, and for fomentations, etc. ; a packet of Plain Lint, for use with ointments ; Cotton Wool and Gauze. (A small packet of these, say 2 ozs., is usually sufficient in most small families.)

We shall also need four Burn Dressings (two large and two small), and, of course Bandages of 1 in., 1⅓ in. and 2 in. widths to cover all requirements.

APPLIANCES

We should have a properly graduated Medicine Tumbler, an Eye Bath, a Pair of Tweezers (for splinters, etc.) and a Clinical Thermometer. It is also advisable to keep locked in the medicine chest a small pair of scissors that will always be at hand *and will always be clean.*

MEDICINES FOR EXTERNAL USE

One of the commonest accidents in the normal household is, of course, burns. Scalds follow as the next most likely. So that Carron Oil will naturally occupy a corner of our bottom shelf. Next, other soothing ointments, such as Boric Ointment, Zinc Ointment, etc. We shall naturally include Tincture of Iodine.

And now, having prepared against the very common emergencies, we consider other minor ailments that may be expected suddenly to demand our attention.

Linseed Meal, for poultices ; Boracic Crystals, for eye lotion ; Glycerin of Thymol, for gargles ; Witch Hazel, for bruises ; and, of course, we must not forget a good embrocation, such as Electric Liniment, for stiffness in the muscles and joints. We may now select one other ointment that can be used for a variety of purposes (as, for instance, Kutisol Ointment), and, after ensuring that the Smelling Salts have been given their place, we can turn our attention to—

MEDICINES FOR INTERNAL USE

Common headaches and nervous disorders first occur to the mind, so we shall put in a good brand of Aspirin Tablets, or Phen-Pyrin. And for fainting we must include Sal Volatile, since it is safe to administer to children as well as adults. Castor Oil will be the next item on our list, followed by Syrup of Figs for the children. And we may also include Cream of Magnesia, for indigestion—particularly as this can be administered also in cases of constipation in very young babies.

These are just a few suggestions to give us a start. We can add to the list according to our special requirements or individual choice. And it will be seen that it needs only a few coppers expended during our weekly shopping expedition to build up a very complete and reliable Home Medicine Chest that will bring us a comfortable feeling of security.

But one word of warning here. We must make it a hard and fast rule that whenever anything has been used from the Medicine Chest *it shall be replaced at the very first available opportunity.*

After Illness . . .

In bottles
10½d.
1/6 & 2/9

and in all cases of general debility there is no more valuable a "pick-me-up" than Mason's Syrup of Hypophosphites. This valuable tonic is made from the purest ingredients to a formula which is universally proclaimed to be thoroughly dependable. It is prepared with great care and exactness in our own laboratories.

Mason's Syrup of Hypophosphites

HOUSEHOLD HINTS

Cleaning Silver. Silver articles that have become tarnished can be restored to their normal brightness if rubbed over with a mixture of vinegar and salt and then cleaned with plate powder.

Rain-spotted Windows may be avoided if, aftercleaning the window, you polish with a sheet of newspaper. Choose a page that is well covered with print or illustrations.

This treatment also applies to the windscreens of cars. It will be seen that the rain runs down instead of settling in blurred spots.

To Clean Piano Keys never use water or you will make the keys discoloured. Wipe them rather with a cloth damped with methylated spirits and afterwards polish with a soft polishing cloth.

Slippery Floors. Linoleum-covered floors are usually cleaned with beeswax and turpentine, but this tends to give the surface a dangerous slipperiness. If linseed oil is employed instead, and is rubbed well into the linoleum, it will impart a good polish, but the lino will not be slippery.

Polished Tables. If you should inadvertently spill hot water or tea on a highly polished wood table or cabinet, dry the part quickly and then rub over very gently with spirits of camphor.

Smoky Rooms. A simple way in which to deal with a smoky chimney is to open partly the window in the bedroom immediately above the room in which the trouble arises. The draught so caused will draw the smoke back up the chimney and will maintain a regular air current.

Two aids to SAFE SLIMMING

The beneficial treatment of the well-known Continental Spa and the wonderful reducing properties of *Fucus Vesiculosus* are combined in Parkes Improved Slimming Tablets to produce a slimming method which is absolutely SAFE. Insist upon

PARKES
IMPROVED
SLIMMING
TABLETS
2/- per box 3 for 5/6
Trial size 1/-

Also
Slimming
BATH SALTS
(Perfumed)
6d. per packet
6 packets for 2/6

PARKES
IMPROVED SLIMMING TABLETS

To Sharpen Scissors work them on the neck of a bottle as though you were trying to cut off the neck. This will make them quite sharp.

To Freshen Your Dustbin. After the dustbin has been emptied each week, burn an old newspaper inside it and leave the charred paper at the bottom. This will sweeten the dustbin and also clear it of damp.

To Revive Cut Flowers. When cut flowers begin to droop put an aspirin tablet in their water. This will revive them wonderfully.

When Washing Delicate China it is a sound precaution to place a folded towel in the bottom of the bowl. This will avoid the danger of breaking and chipping should the delicate articles fall through the fingers through being slippery with soap.

To Clean a Rusty Grate first rub the rusted parts with a raw onion. Afterwards clean with grate polish in the usual way.

When Polishing Tumblers. The cloth with which you are going to dry tumblers after washing, should first be rinsed out in a very thin starch water. It will not then leave fluff behind on the glass.

Grease Spots on Wallpaper can usually be removed if you place a piece of clean blotting paper over them and apply a hot iron.

Hot-water Bottles. When a rubber hot-water bottle is not in use during the warm weather, partly fill it with water and hang it up in a dry place.

Coloured Materials. Stains on coloured materials can usually be removed quite easily if they are rubbed over with sal volatile.

Tired?
Run-down?
Weak after illness?

HALL'S WINE

will soon pull you round!

Large Bottle . 5/6
Smaller Size . 3/3

KIDNEY TROUBLE and DROPSY INVALID FOR TWO YEARS
Vitadatio did wonders for me

Mrs. Raby, 51, Fairfield Terr., Bramley, Yorks. writes :—" I wish to thank you for the good Vitadatio has done me for **KIDNEY TROUBLE and DROPSY.** I was an invalid two years; could not walk. I was in hospital and discharged incurable. I came home—tried Vitadatio and it has done me the world of good." **Get a Bottle To-day !**

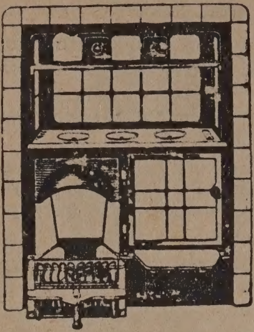
IF YOU SUFFER

from Kidney Trouble, Blood, Liver or Stomach complaints, take Vitadatio NOW. Vitadatio has restored Health and Strength to Countless sufferers—it can do the same for you.
There is no substitute for

Vitadatio

★ SEND FOR VALUABLE FREE BOOKLET

Sold by all branches of Timothy Whites and Taylors, Ltd.
VITADATIO, BOX 2, ARMLEY, LEEDS.



COOKING HINTS

When Frying Meat it should be kept covered. This not only prevents the fat from splashing about, but also makes the meat more tender.

To Avoid Stirring. If you place an ordinary glass marble in the saucepan when boiling such things as porridge, custard, sauces, etc., it will do the stirring sufficiently to prevent the danger of burning, while you attend to other things.

Tea is best stored in a glass jar with a screw top, rather than in a tin canister.

Boiled Salmon is greatly improved in flavour if about a teaspoonful of olive oil is added to the water.

When Buying Fish you may tell if it is fresh by the following hint: The gills should be reddish, the eyes bulging, and the flesh firm, not soft and squashy to the touch.

When Chopping Mint if you add sugar to the mint before chopping it will prevent the mint from sticking to the knife.

Tea Stains on China can easily be removed by rubbing the stain with damp salt.

When Shredding Suet it will not stick to your knife if you sprinkle both knife and suet with ground rice before you commence.

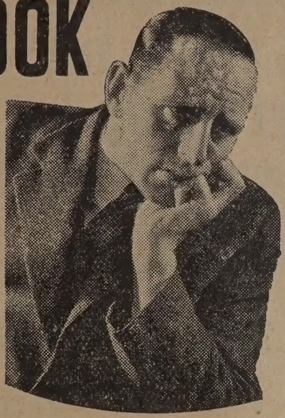
When Breaking Eggs, if you wish to ensure that the yoke shall not be broken, first lightly tap the wide end of the egg before breaking the shell.

Keeping Dinner Warm. When one of the family is late and the dinner has to be kept warm in the oven, place it on an upper shelf of the oven, with the gas turned low, and on a shelf beneath it place a saucer or shallow bowl filled with water. This will prevent the dinner from becoming dried up.

When Storing Honey it should always be kept in a dark cupboard. It will not then granulate.

Stoning Raisins. Before stoning raisins, pour boiling water over them and allow to stand for a few minutes, when it will be found that the stones can be easily pressed out from the stem end.

LOOK



AT THIS MAN!

Do you ever look like that? Depressed and languid . . . dull-eyed and out of sorts . . . and generally lacking in all vitality?

Vitality depends so much on internal cleanliness. The ills of Constipation —the deadly foe of rigorous health— can be cheated if you take an occasional laxative, and pure, vegetable chocolate coated CHOCOLOIDS are the best.

CHOCOLOIDS
Chocoloids
CHOCOLOIDS

CHOCOLOIDS gently, but definitely dispel constipation by helping nature to assert herself.

CHOCOLOIDS

have no flavour other than a slight taste of the chocolate coating as you swallow them. They are harmless, non-habit forming and non-griping.
In tins................ 1/3 & 2/6

Indications of Long Life

IT is a reliable indication of long life if you have strong, even teeth, a firm and springy flesh, large muscles, full chest and wide ears.

Thin, straggling, uneven teeth denote constitutional weakness.

If the teeth overlap it usually indicates an irritable disposition and lack of restraint.

The too early appearance of grinders is not a good indication of a sound constitution.

People of middle stature usually live longer than the abnormally tall.

Those who think and speak rapidly and jerkily are generally not so long-lived as they who are steady and precise in speech and slow and methodical in thinking.

Slow physical development is usually an indication of a robust constitution and long life.

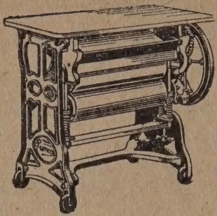
And, finally, do not be alarmed if your child is backward in mental development. It is quite usual in long-lived geniuses. Sir Isaac Newton, Sir Walter Scott and Charles Darwin, to mention only three, were all long-lived geniuses who were dunces at school.

On the other hand, Mozart could play the harp and violin at five years of age, and was composing music at six. But he only lived to 35.

●

Watches on Board Ship

Afternoon	Watch	from Noon to	4 p.m.
First Dog	,,	,,	4 to 6 ,,
Second Dog	,,	,,	6 to 8 ,,
First	,,	,,	8 to 12 ,,
Middle	,,	,,	12 to 4 a.m.
Morning	,,	,,	4 to 8 ,,
Forenoon	,,	,,	8 to 12 ,,



LAUNDRY HINTS

Soft Collars. You will find soft collars will be given a better " finish " if you do not completely dry them before ironing. Just run them through the wringer and then iron straight away.

When Colours Run. It sometimes happens that when you have washed two coloured articles together, the one " runs " into the other. When this occurs, steep the articles in ammonia for just over a minute, then wash in fresh soapy water.

Washing Dusters. When washing very dirty articles, such as dusters, add a little olive oil to the water, and you will find it fetches out the dirt " like magic."

Discoloured Stockings. When stockings have become discoloured, steep them in a bowl of warm water in which borax has been dissolved. They should be left to soak for about two hours, and then washed through in the ordinary way.

Red Ink Marks are always very difficult to remove from linen ; but a very simple method is to dab the stain with diluted liquid ammonia and then wash the affected part with milk.

When Ironing Handkerchiefs the edges, or hems, should be ironed first and the middle portion afterwards.

When Washing Silk or delicate fabrics, never ring them out. Just squeeze the articles tightly in the fist.

Ironing Starched Articles. If you put a spoonful of powdered alum into the starch water, it will prevent the clothes from sticking to the iron when ironing.

Glossy Articles. Materials with a satin finish will be given a much improved appearance if they are rinsed out in water in which a little borax has been dissolved.

Faded Garments can often be restored to a nice fresh colour if they are rinsed out a second time in water to which a little alum has been added. Not more than a teaspoonful of alum is needed to a bowl of rinsing water.

When Ironing Silks never sprinkle them with water before commencing to iron, or you will probably find it will leave daubs or patchy marks.

Tar Stains can easily be removed if the affected part is dabbed over with eucalyptus oil and afterwards well washed in the ordinary way.

Cretonne, Chintz, etc., should always be ironed on the wrong side.

When Washing Woollens it is a good practice to put in a little olive oil in the final rinsing water.

FAIRY DYES
For all
HOME DYEING
34
BEAUTIFUL
SHADES
2d. EACH

RHEUMATISM

Thousands of men and women who once suffered "untold agonies" are ready to tell you that De Witts Kidney and Bladder Pills can, and will, quickly end your miserable weakness and suffering. Take these famous pills for a little while. In 24 hours you will see how they have acted on the kidneys, and if you will persevere their blood-cleansing, tonic action will make you pain-free, healthier, younger than ever.

For a free trial sample send name and address to E. C. De Witt & Co. Ltd. (Dept. V.K.), Croydon, Surrey.

DE WITTS
Kidney and Bladder BRAND PILLS
Sold only in the blue, white and gold boxes, 1/3 & 3/-. Larger, more economical size, 5/-

Wedding Superstitions

It is not lucky for a widow to marry in white. But she should avoid green or yellow.

On the other hand a maid should not marry in colours.

It is considered lucky to marry at new moon, or when the moon is on the increase.

Sailors and their sweethearts always like to marry during the interval of the *flowing* tide.

The thirteenth of the month is very unlucky for a marriage.

Friday is considered an unlucky day to wed in most countries. But not in Scotland.

It is lucky for the bride to wear something she has *borrowed*—a brooch ornament, buckle, etc., or even a handkerchief.

A dog howling on the eve of the marriage is considered an ill omen.

To meet a funeral on the way to the church is said to augur a speedy separation.

If the ring should go straight on without hesitation when being placed upon the bride's finger, she will rule the household. If it should pause at the middle joint of the finger, she will be in subjection.

To see a flight of birds on your way to church denotes a large family.

It is considered very lucky to encounter a toad or a spider on the way to the church.

To change the name and not the letter is to change for the worse and not the better.

The Children's Corner

FOR CLEVER MATHEMATICIANS

Here is an intriguing little problem that you can try on father if you cannot work it out for yourself.

"If I multiply twenty shillings by twenty, how much do I get?" demanded Johnny's father after reading Johnny's School Report.

"Twenty pounds," replied Johnny brightly.

"Yes; and suppose I multiply 19s. 11¾d. by 19s. 11¾d., how much do I get then?"

"Oh, I can't do that in my head," replied Johnny. "It comes to something *just under* twenty pounds, of course; but I shall have to work it out with a pencil and paper."

After some trouble, Johnny did work it out.

Can you?

THE STEP-LADDER

Here you see eight little squares, all numbered. Can you place a letter in each square so that the eight letters make a word meaning a certain quaint little animal.

1	2	3	4	5	6	7	8

To aid you, we give below a number of clues, all made up from the letters of the full word:

3, 5, 4, 7 ..	The name of a city.	8, 3, 2, 4 ..	A vehicle.
8, 5, 4, 7, 6	Volumes.	2, 3, 1 ..	Part of the body.
8, 5, 1 ..	A boy's name.	1, 2, 6, 8 ..	Part of a ship.

RIDDLES AND CONUNDRUMS

1. What is the longest letter of the alphabet?
2. What grows bigger the more you contract it?
3. What is it that belongs to you, yet is used by others more than by you?
4. What coin doubles its value by deducting its half?
5. What is it that works when it plays and plays when it works?
6. What is it that goes up and down yet always remains still?
7. What has four legs but only one foot?

THE CYCLE RACE

Fred set out on his bicycle to ride from London to Brighton, a distance of 52 miles. At precisely the same time his brother, Harry, also set out on *his* bicycle to ride from Brighton to London. Fred rode at a regular pace of 15 miles an hour, but during the journey he stopped three times for a rest, resting twenty minutes on each occasion.

Harry, on the other hand, travelled at an average pace of 17 miles an hour, but rested five times during the journey, each rest being of a quarter of an hour's duration.

Now, when the two cyclists pass, which will be the nearer London?

A TEST IN PUNCTUATION

The following line does not appear to read sense, as it is here written, but it is really a complete sentence.

It is as I said not which.

Now can you make it read sense without interfering with the sentence at all, except by merely punctuating it?

(*For Solutions see Page* 54)

Finest
OLIVE OIL
The Gift of Sunny Lands
Freshest & Purest
FOR TABLE OR MEDICINAL USE
OUR OLIVE OIL COMES FROM THE PICK OF THE GROVES!

OLIVE OIL

VERISAN BRAND

For Salads and Sauces, and all Medicinal Uses, its delicious flavour is much esteemed.

5½d., 9d., 1/3, 2/3
and **4/-** *per bottle*

Treat Colds the EFEDREX *Scientific Way*——

Efedrex is the modern scientific treatment for the relief of Asthma, Hay Fever, Catarrh, Colds, etc.

EFEDREX NASAL JELLY

For Colds and Stuffiness in the head, Catarrh and Hay Fever. CLEARS THE HEAD in five minutes.

Handy tubes **1/3**

EFEDREX TABLETS

Relieve the spasms and shortness of breath in ten minutes.

Invaluable to all sufferers from Asthma, Bronchitis, Chronic Coughs, Hay Fever, etc. Tube of 20 tablets **1/9**

EFEDREX SPRAY

For the immediate relief and progressive treatment of all forms of Chest Disorders involving difficult and tight breathing.
Per bottle **1/6**

Special Efedrex Atomiser **2/6**

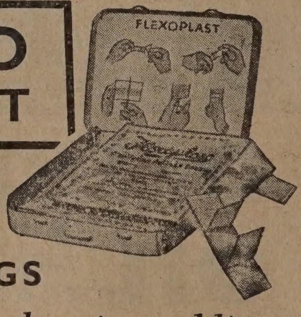
YOU SHOULD KNOW

THE SUCCESSION

H.M. King George VI is the brother of Edward VIII, son of George V, son of Edward VII, son of Queen Victoria, niece of William IV, brother of George IV, son of George III, grandson of George II, son of George I, cousin of Queen Anne, sister-in-law of William III, son-in-law of James II, brother of Charles II, son of Charles I, son of James I, cousin of Elizabeth, sister of Mary, sister of Edward VI, son of Henry VIII, son of Henry VII, cousin of Richard III, uncle of Edward V, son of Edward IV, cousin of Henry VI, son of Henry V, cousin of Richard II, grandson of Edward II, son of Edward I, son of Henry III, son of King John, brother of Richard II, son of Henry II, cousin of Stephen, cousin of Henry I, brother of William Rufus, who was the son of William the Conqueror.

WHAT IS "HORSE POWER"

It is popularly imagined that the term "horse power" as applied to mechanical engines represents the actual equivalent work that would be performed by horses. Such, however, is not the case. "Horse power" was introduced by James Watt in the eighteenth century to establish some universally accepted standard for a unit of power. He made a very careful analysis of the work performed by a number of different horses in the district where he lived, and discovered that the average power exercised by these horses indicated that a single horse-power might be indicated by the energy needed to raise 22,000 pounds one foot per minute. Now Watt was finding difficulty at this time to persuade his contemporary industrial magnates to purchase steam engines, so, as an expedient to stimulate sales, he advertised engines claiming 33,000 foot pounds to the horse power. And this has come to be regarded to this day as the standard horse power unit in the world—33⅓ per cent. more than the actual.



ALWAYS GO
to your **CHEMIST**
for
FLEXOPLAST
FIRST AID DRESSINGS

for cuts, wounds, burns, abrasions, blisters

A NECESSITY in the HOME, GARAGE, MOTOR-CAR, for SPORTS and every General Use.

Obtainable in Pocket Size tins
3d · 6d · 1/-

The First thought in First-Aid- Flexoplast Regd.

WHY IS THE CLOCK FACE WRONG?

You have noticed that the "four" on clocks and watches in which the figures are indicated in Roman, is put as "IIII" instead of the correct Roman "IV." But do you know how this error originated, and why it continues to this day?

It dates back to the fourteenth century. The first escapement clock of the style in common use to-day is supposed to have been made by Henry Vick in 1370 for King Charles V of France. Charles had commanded Vick—an expert craftsman—to make him an entirely original and unique kind of time recorder that should be the envy of the world. After much diligent experiment Vick produced the new style clock and duly presented it to Charles.

Now, by a strange error, the four on the clock dial was printed as four strokes instead of the correct "IV." Charles, however, had approved the clock, and when later it was pointed out to him that the notation was wrong this irascible monarch refused to admit his oversight. He ordered that clocks and watches should all have the dial designed on this style; and from that time to this day clock makers have faithfully reproduced the error. In our own day it is done merely out of reverence for tradition.

HOW WE DESCRIBE THEM

When we see a number of young pigs or puppies, we refer to them as a *litter*; and when we speak of a number of sheep grouped together it is a *flock*. But when we come to a number of people we call it a *crowd*; yet we speak of a *gang* of workmen, a *troop* of horsemen, and a *posse* of police. It is a *school* of whales, but a *shoal* of herrings.

Now suppose you saw a number of monkeys, or, say, lions, what would you call them? It is a *troop* of monkeys, but a *pride* of lions!

Here are a few more for your guidance:

A drove of cattle. A herd of deer. A pack of hounds. A flight of aeroplanes.
A muster of peacocks. A fleet of cars. A bevy of quail. A flock of goats.

The First Sneeze

An approaching cold is usually heralded by a sneeze. Never neglect that first sneeze. It is a danger signal. Then is the time to take a dose of Gee's Cold and Influenza Mixture. Taken in time, this wonderful remedy will prevent many a wretched cold from developing.

Gee's Cold and Influenza Mixture will prevent the development of serious chest trouble and quickly restore natural, free breathing.

GEE'S
COLD & INFLUENZA
MIXTURE

Per bottle 1/3

WHEN WEDDING BELLS RING!

WHAT YOU MUST DO

If you are the Bride, you will probably be too excited to think constructively about anything! Hence, most of the preparations are, by custom, undertaken by Mother and the Chief Bridesmaid. But do not think *your* days are going to be spent solely in the romantic occupation of preparing your trousseau and dreaming pleasant dreams of the future!

About a month before The Day, you will need to spend at least one very busy afternoon (and possibly morning and evening, too!) in preparing a list and sending off the wedding invitations. And about a fortnight before the appointed time you will need to make arrangements with the Vicar regarding the hymns and psalms, the church decorations, etc. For *you* choose these. You choose, also, the bridesmaids' dresses, bouquets, etc., in consultation with the Chief Bridesmaid.

And now, on the Happy Day itself. You enter the church on your father's right arm, but during the ceremony you stand on the *left* of your bridegroom. At the moment that your father responds to the question, "Who giveth this woman away?" you should turn slightly and hand your bouquet, and the glove from your left hand, to the chief bridesmaid. At the conclusion of the ceremony, when you retire to the vestry to sign the register, *you sign with your maiden name.* This is the last time you do—henceforward you will always sign with your new name.

Before leaving the vestry you should throw back the front part of your veil from before your face, and you will now head the procession down the aisle, on the left arm of your bridegroom. You will, of course, be the first to arrive home (or wherever the reception is being held), where you will both stand, in a suitable position to welcome your guests.

HINTS FOR PARENTS AND THE CHIEF BRIDESMAID

If you are the bride's mother, you will organise the reception and welcome the guests (if the reception is at home, you should take up a position in the hall or at the entrance to the lounge—the bridal pair being within the room, for you are the *first* to welcome the guests).

In the church you sit on the left-hand side in the front pew; and in the procession to the vestry to sign the register, you and your husband follow immediately behind the bridal pair, and before the best man and chief bridesmaid, to witness the signatures.

Stahls
EYE LUSTRANT LOTION
COLD CREAM
Stahls
TONIC HAIR DRESSING

STAHLS

Toilet Preparations

A delicate skin demands pure, dainty preparations as the essentials of any beauty treatment. STAHLS products are blended from ingredients of the highest quality, their excellence and purity are unquestionable.

◆

COLD CREAM	1/- & 1/6
VANISHING CREAM	1/-
COMPLEXION MILK	1/- & 1/9
CASTILE SOAP (Tablet)	4d. & 6d.
OLIVE OIL PETALS	10½d.
EYE LUSTRANT LOTION	1/6
TONIC HAIR DRESSING (FOR MEN)	1/6

◆

Lavender
Exquisite Perfume and Quality
White Gardenia
TOILET SOAP
Lilac

TOILET SOAPS

Made from the finest selected oils, blended by experts, and extra milled to ensure their fine quality, our toilet soaps will preserve the freshness of the most delicate complexion.

Sandalwood, Eau de Cologne, Lavender, Glycerine and Cucumber, Lilac, Verbena.
2d. per tablet. 1/10 per doz.

Verbena, Eau de Cologne, Lavender, Castile, Jasmine, Palm & Olive, White Gardenia, Witch Hazel, Coal Tar, Capora Toilet, Carbolic Soap.
3d. per tablet. 2/9 per doz.

BATH TABLETS
Verbena, Eau de Cologne, Lavender, Lilac, Sandalwood, Boracic Oatmeal.
4d. per tablet. 3/8 per doz.

PAVOLINE MEDICATED SOAP
Containing Ichthyol, the finest skin medicament known to science. 6d. and 1/- per tablet.

If you are chief bridesmaid you will arrive at the church a little before the bride, and will await her in the porch with the other bridesmaids lined up in two rows on either side. During the ceremony you stand behind the bride, a little to her left, ready to take her glove and bouquet at the appointed time. Throughout the ceremony you and the other bridesmaids remain in your positions (you do not follow when the bridal pair walk up to the altar with the officiating clergyman at the con-conclusion of the ceremony) until the adjournment to the vestry to sign the register, when you will follow, accompanied by the best man, and immediately behind the bride's parents.

After the reception, you assist the bride to change into her travelling dress. And one of your last pleasant duties on her behalf is to send out the wedding cake.

If you are the Bride's father you will be the last to leave home with the bride, and as she will be in a high state of nervous excitement you should take great care not to get her flustered! Let her take her time, and when you arrive at the church door stay a little while she adjusts her veil and " puts herself to rights " with the aid of the chief bridesmaid. Then walk solemnly up the aisle with the bride on your right arm and leave her on the left hand of the bridegroom, while you stand back for a little to the left until the appointed time in the service for your responses. After the ceremony you follow behind the bridal pair to the vestry, with your wife on your left arm, to witness the signatures. You will leave for the reception in the second car, accompanied by the bridegroom's parents.

THE BRIDEGROOM AND BEST MAN

If you are Best Man you have undertaken the busiest *rôle* of all! Before the day itself you must attend to the ordering of cars; make the necessary arrangements with the local photographer; appoint stewards or groomsmen and instruct them in their duties; purchase buttonholes for yourself and the Groom (see that his is a little larger than yours or you may get married yourself!): and ensure that the arrangements for the honeymoon are in order, the booking of rooms, seats in the train, etc. (you will be surprised how helpless Bridegrooms can be!).

On the morning of the wedding you should be early at the Bridegroom's house to ensure that he is ready in good time, and to observe that he has the licence and the ring (make a mental note where he puts the latter, or you may have him fumbling for it at the crucial moment!). You should then accompany him to the church about half an hour before the Bride is due to arrive, and take your seats in the front row on the right. When the Bride arrives, take up your position on the Groom's right, where you remain throughout the ceremony until the procession to the vestry. You must attend to all financial aspects of the ceremony (but *not* the reception!), including paying the fees to the organist and officiating clergyman (the minister's fee should not be given openly, but should be left on the vestry table in an envelope properly inscribed), tips to messenger boys, drivers, etc. You must organise, with your Groomsmen, the ordering of cars from the church after the ceremony, and you leave last yourself after satisfying yourself that everything is in order. At the reception you respond to the toast to the bridesmaids—then you may sit down to recover your breath and wonder why you ever undertook it all!

If you are the Bridegroom you will be considerately relieved of most of the work. But some things you *must* do. *You* must purchase the ring, sign the banns, choose the Bridesmaids' presents, sign the register, and make your own responses. Convention does not permit you to delegate these duties!

DIGESTION

- - starts in the mouth

The food you eat may be divided into three classes, carbohydrates, proteins and roughage. Carbohydrates, such as bread and potatoes, form the bulk of our food and should be very thoroughly masticated, because the juices necessary for their digestion are contained in the saliva with which these foods should be well mixed before being swallowed. The reason you should not drink with meals is that any fluid taken with meals reduces the strength of the digestive power of the saliva. The digestive juices for carbohydrates must be alkaline, that is why Moorland Indigestion Tablets, which are alkaline, slowly dissolved in the mouth, help to digest bread, pastry and potatoes before they reach the stomach.

Moorland Brand Indigestion Tablets are famous the world over for relieving indigestion, heartburn, acidity and all stomach troubles. Take two Moorland Tablets after meals and eat what you like and enjoy it.

Remember to ask for Moorland Brand Indigestion Tablets, the world-famous remedy for all stomach troubles. Obtainable at all chemists. 7½d. carton of 50 tablets—1/3 airtight tins 110 tablets.

No proprietary rights claimed other than Trade Mark.

For 'Flu, Feverishness, Cold-in-the-Head, etc.

Midgley's

ANTIGRIPPE

Acts with swift and certain effect

Bottles 1/3, 2/6 and 4/6

MIDGLEY'S
ANTI-GRIPPE
CURE FOR
INFLUENZA
MIDGLEY'S
ANTI-GRIPPE
RE
ENZA
CHEMISTS

Weights &

AVOIRDUPOIS WEIGHT

16 drams	1 oz.
16 ozs.	1 lb.
14 lbs.	1 stone
28 lbs.	1 quarter
4 qrs.	1 cwt.
20 cwts.	1 ton

APOTHECARIES' WEIGHT

20 grains	1 scruple
3 scruples ...	1 drachm
8 drachms ...	1 oz.

APOTHECARIES' FLUID MEASURE

60 minims	1 drachm
8 drachms ...	1 oz.
20 ozs.	1 pint

TROY WEIGHT

24 grains	1 pennyweight
20 dwts.	1 oz.
12 ozs.	1 lb.

MEASURE OF CAPACITY

4 gills	1 pint
2 pints	1 quart
4 quarts	1 gallon
2 gallons	1 peck
4 pecks	1 bushel
8 bushels	1 quarter

SQUARE MEASURE

144 sq. inches ...	1 sq. foot
9 sq. feet ...	1 sq. yard
30¼ sq. yards ...	1 sq. rod, pole or perch
40 sq. poles ...	1 rood
4 roods (or 4,840 sq. yds.)	1 acre
640 acres	1 sq. mile

CUBIC MEASURE

1,728 cubic inches	1 cubic foot
27 cubic feet ...	1 cubic yard

Measures

WINE MEASURE

4 gills or noggins	1 pint
2 pints	1 quart
4 quarts	1 gallon
18 gallons ...	1 runlet
42 gallons ...	1 tierce
63 gallons ...	1 hogshead
84 gallons ...	1 puncheon
126 gallons ...	1 pipe or butt
252 gallons ...	1 tun

Note :—A pipe of Madeira equals 92 gals.; a pipe of Sherry, 108; Brandy, 114; and of Port, 115 gals.

ALE & BEER MEASURE

9 gallons	1 firkin
18 gallons	1 kilderkin
36 gallons	1 barrel
54 gallons	1 hogshead
2 barrels	1 puncheon
3 barrels	1 butt

MISCELLANEOUS

Quartern loaf ...	4 pounds
Firkin of butter ...	56 pounds
Box of fish ...	90 pounds
Stone of meat ...	8 pounds
Barrel of raisins ...	112 pounds
Pig of ballast ...	56 pounds
Sack of potatoes ...	168 pounds
Sack of flour ...	280 pounds
Sack of coal ...	224 pounds
Small sack of coal	1 cwt.
Load of bricks ...	500

MEDICINES

4 teaspoonfuls equal 2 dessert-spoonfuls.

2 dessert-spoonfuls equal 1 table-spoonful.

1 tablespoonful equals half fluid ounce.

Note :—In practice it is far safer, owing to the various sizes of spoons by different makers, to measure all medicine by means of a medicine measure. The above table is intended merely as a guide where a medicine measure is not available.

PAIN
CAN'T
GO ON
IF YOU TAKE
'ASPRO'

Do you suffer pain? If you do— TAKE 'ASPRO' TABLETS, for when you take 'ASPRO' pain CANNOT go on. It must be eliminated. Furthermore, it is dispelled in a few minutes. The reason for this is that 'ASPRO', after ingestion in the system, is a solvent of Uric Acid—an antipyretic or fever-reducer—an internal antiseptic and a powerful germicide. Thus, it attacks two of the main causes of numerous complaints—hence its universal usefulness for so many ills. So if you suffer from nerviness—neuralgia—headaches—sciatica—sleeplessness—rheumatism—'flu and colds—ordinary feverish complaints—sore throats—we suggest that you arm yourself with 'ASPRO'. Take it and watch the almost miraculous way in which it will soothe your nerves, stop your pain and help to eliminate the cause.

TRY "ASPRO" FOR

INFLUENZA	COLDS
HEADACHES	LUMBAGO
SLEEPLESSNESS	IRRITABILITY
NEURALGIA	NEURITIS
SCIATICA	HAY FEVER
GOUT	NERVE SHOCK
RHEUMATISM	PAINS PECULIAR TO WOMEN
ALCOHOLIC AFTER-EFFECTS	MALARIA
TOOTHACHE	ASTHMA

'ASPRO' consists of the purest Acetylsalicylic Acid that has ever been known to Medical science, and its claims are based on its superiority.

Made in England by
ASPRO LIMITED,
SLOUGH, BUCKS.
Telephone : Slough 608

No proprietary right is claimed in the method of manufacture or the formula.

ASPRO
REG. TRADE MARK

'ASPRO' is stocked by All Branches of Timothy Whites & Taylors

PRICES 3d., 6d., 1/3 & 2/6

SOLUTIONS

Children's Corner

(*See Page* 44)

For Clever Mathematicians.—This was really an unfair test on the part of Johnny's father, because you cannot of course square money, i.e., multiply a sum of money by a sum of money. The only way in which it can be made a straightforward sum is to reduce the amounts to a single unit, their lowest common factor (in this case a farthing) and then multiply one by the other. But then your answer will be something very different from "just under twenty pounds" as Johnny said!

The Step Ladder.—The word is MARMOSET.

Riddles and Conundrums.—1. The Ell, 45 inches. 2. A debt. 3. Your name. 4. A halfpenny. 5. A fountain. 6. The road. 7. A bed.

The Cycle Race.—When the two cyclists pass they will obviously both be in the same spot, therefore both an equal distance from London!

A Test in Punctuation.—It is "as," I said, not "which."

For the Leisure Hour

(*See Page* 34)

A Poser for Architects.—It is possible. The builder proposed to build his house at the South Pole!

Those Mythical Speculations.—It is *not* true, because if a man had backed the horses in that manner, he would have had £33,339 12s. 0d. going on the sixth winner—and in that case the starting price of "Newtown Ford" would certainly not have been 100—6!

About
TEETH

Regular and careful attention to the teeth is of vital importance to health, but to save your coppers on an inferior toothbrush is a danger to health. Buy Verisan Toothbrushes for the whole family. Their PURE BRISTLES are your safeguard.

BE SURE TO USE
VERISAN
TOOTHBRUSHES

IN CASES OF
Heartburn
Flatulence
Acidity
and
Constipation
GIVE
CREAM OF
MAGNESIA
Per bottle 1/- & 1/9

A safe, cooling laxative for infants, and a soothing antacid for adults.

Schoolboy Howlers

A vacuum is a large empty space where the Pope lives.
The King's robes are trimmed with vermin.
A cosmetic is something that makes you sick.
Elocution is how they put people to death in America.
Saliva is erupted by Mount Vesuvius.
A dolt is a grown-up person.
Beethoven composed sympathies because he went deaf.
A gargoyle is what you have for a sore throat.
Where the sun crosses over the equator it is called epileptic.
Disraeli bought the Sewage Canal and presented it to Queen Victoria.
Macaroni is a wireless set.
A cipher is what you keep soda-water in.
A vocation is when people go to work on their holidays.
Creosote is when your father is black and your mother is white.
Gender is how you tell what sex a man is.
A post mortem means that you shouldn't have died yet.

No. 13
CORN CURE
PARKES
13 IS UNLUCKY FOR CORNS

It's an unlucky day for corns when they meet No. 13. Buy a bottle to-day and walk, dance, run or jump without ever an anxious thought for the corns you used to have!

BOTTLES
7½d.

No. 13 CORN CURE

Elastoplast
FIRST AID DRESSINGS
NEVER NEGLECT AN INJURY

READY FOR INSTANT USE

IN YOUR OWN HOME

This handy tin for Cuts, Wounds and Blisters. Instantly applied this new dressing permits natural healing to proceed. Antiseptic, elastic and adhesive NO BANDAGING. 6d. and 1/- tins.

Elastoplast
First Aid Dressings

FREE SAMPLE. *Send a postcard to the makers: Dept. V, T. J. SMITH & NEPHEW, Ltd., 5 Neptune Street, Hull. Samples of the new Elastoplast First Aid Dressings will be sent you free to try.*

Would you believe it?

AT HIS GREATEST WHEN IN BED

A man of average height is about half an inch taller first thing in the morning than he is in the evening.

AWKWARD WITH A COLD

Crabs have two noses. Whether or not they can register two different scents at the same time is not determined, however.

BUT NOT BECAUSE OF HIS SIZE

Henry VIII was the first English monarch to be styled " His Majesty."

DON'T TELL THE WIFE

The brain of the male in all races is nearly 10 per cent. heavier than that of the female.

BUT DON'T GET SWELLED HEAD

Scotsmen's brains are usually several ounces heavier than those of Englishmen.

OFTEN THE SAME NOW

In the early days of the railway there were no seats in the third-class carriages.

BUT WAS IT WORTH IT ?

Bachelors over 25 years of age were taxed a shilling in the seventeenth century.

EVEN SAGES MAKE MISTAKES

Moliere, Boccacio, Dante, Lord Lytton, Dr. Johnson, Dickens, Shakespeare, and even the immortal Socrates, all made unhappy marriages.

ALWAYS WENT STRAIGHT

Prior to about 1830 there were no " lefts " and " rights " in shoes.

BETTER THAN DIVORCE

The female spider eats her husband when she grows tired of him.

A daily dose of VANCES . . .

will keep you fit the whole year through.

Vance's Health Salt purifies the blood, cools the system and stimulates the liver. It is cooling and refreshing and is a mild laxative.

VANCES
EFFERVESCING
HEALTH
SALT
Manufactured by

VANCES HEALTH SALT

5½d. & 10½d.
per tin

Don'ts for Dog Owners

DON'T allow your dog to stray about the streets during the daytime. You never know what he may pick up from other dogs.

On the other hand, do not keep him constantly chained up—this tends to make a dog savage.

If you have occasion to admonish your dog, do it immediately. Don't scold him some time later when he has probably forgotten what it is for.

Don't allow him to lie on the hearth with his eyes too near the fire—especially a gas fire.

If you should promise him a run or a reward, do not fail him, however tired you may be. Your dog learns to trust you implicitly. Never let him down.

Do not allow him to get over-excited when about to take him for a run, otherwise he will develop the habit of barking hysterically as soon as he gets outside, and this is unpleasant for the neighbours.

Don't lose your temper with him if he won't do tricks. Some dogs will respond quicker than others. But you should never attempt to teach a dog tricks until he is at least two years old. Be careful not to place his basket or kennel where there may be a danger of damp or draught.

Don't hold your dog up to scornful ridicule. You would be surprised how sensitive dogs are to this.

When bathing your dog don't get the water in his eyes or ears. Wash his body and legs first, and leave the head until last.

And don't bath him too frequently. Regular grooming and shampooing are best; and if regularly conditioned your dog will give you very little trouble.

ARE YOU CONDITIONING YOUR DOGS CORRECTLY

MAKE SURE OF THIS BY GIVING THEM

BENBOW'S DOG MIXTURE

THE ORIGINAL CONDITIONER.

Do what other dog owners have been doing for over one hundred years. GIVE YOUR DOGS THE CONDITIONER YOU CAN RELY ON. Just a dose once or twice a week is all they require.

From **1/6** *per Bottle*

Can be had at any of Timothy Whites and Taylors branches.

DON'T CUT

"Hobson's Choice" FEET PLAISTERS POWDERS

WILL MOVE IT

Safe and Effective
50 Years Reputation

Plaisters, improved with strapping plaister................ **4½d.**
Also **1½d.** and **3d.** sizes.
Powders in dredger boxes.... **4d.**
Also in **1d.** packets.

GET THEM FROM
TIMOTHY WHITES
and TAYLORS, Ltd.

HOBSON TRIMBLE & Co., Ltd.
Leeds, 2.

SPORTS RECORDS

FOOTBALL

ASSOCIATION CUP

1932–33	Everton beat Manchester City	3–0
1933–34	Manchester City beat Portsmouth	2–1
1934–35	Sheffield Wednesday beat West Bromwich Albion	4–2
1935–36	Arsenal beat Sheffield United	1–0

THE LEAGUE—FIRST DIVISION

1932–33	Arsenal	58 points
1933–34	Arsenal	59 „
1934–35	Arsenal	58 „
1935–36	Sunderland	56 „

THE LEAGUE—SECOND DIVISION

1932–33	Stoke City	56 points
1933–34	Grimsby Town	59 „
1934–35	Brentford	61 „
1935–36	Manchester Utd.	56 „

RUGBY UNION

International Championship

1932–33	Scotland	6 points
1933–34	England	6 „
1934–35	Ireland	4 „
1935–36	Wales	5 „

COUNTY CRICKET CHAMPIONSHIP

1933	Yorkshire	315 points
1934	Lancashire	257 „
1935	Yorkshire	321 „
1936	Derbyshire	239 „

THE BOAT RACE

1933	Cambridge won by 2½ lengths	Time .. 19m. 31s.
1934	Cambridge won by 4 lengths	Time .. 18m. 3s.
1935	Cambridge won by 4¼ lengths	Time .. 19m. 48s.
1936	Cambridge won by 5 lengths	Time .. 21m. 6s.

THE GRAND NATIONAL

1933	Kellsboro' Jack	S.P. 25–1
1934	Golden Miller	S.P. 8–1
1935	Reynoldstown	S.P. 22–1
1936	Reynoldstown	S.P. 10–1

THE DERBY

1933	Hyperion	S.P. 6–1
1934	Windsor Lad	S.P. 15–2
1935	Bahram	S.P. 5–4
1936	Mahmoud	S.P. 100–8

ST. LEGER

1933	Hyperion	S.P. 6–4
1934	Windsor Lad	S.P. 4–9
1935	Bahram	S.P. 4–11
1936	Boswell	S.P. 20–1

LAWN TENNIS CHAMPIONSHIPS

Ladies' Singles—	
1933	Mrs. H. Wills-Moody
1934	Miss D. E. Round
1935	Mrs. H. Wills-Moody
1936	Miss H. H. Jacobs
Ladies' Doubles—	
1933	Mrs. R. Mathieu—Miss Ryan
1934	Mrs. R. Mathieu—Miss Ryan
1935	Miss K. Stammers—Miss F. James
1936	Miss K. Stammers—Miss F. James
Men's Singles—	
1933	J. H. Crawford
1934	F. J. Perry
1935	F. J. Perry
1936	F. J. Perry
Men's Doubles—	
1933	J. Borotra—J. Brugnon
1934	L. R. Steefan—G. M. Lott
1935	J. H. Crawford—A. K. Quist
1936	G. P. Hughes—C. R. D. Tuckey

Notes on Sport

The Cesarewitch has never been won twice by the same horse.

Oxford have not won the Boat Race for thirteen years, i.e., since 1923.

Ames is the only wicket-keeper to have scored a century in England-Australia Test matches.

In the year 1797 the winner of the Derby was unnamed. The horse was styled "Colt by Fidget."

The F.A. Cup has been won three years in succession by both Blackburn Rovers and The Wanderers.

The longest boxing match on record was the fight between Bowen and Burke at New Orleans in 1893. It went through 110 rounds.

A
Sprightly Step
GOES A LONG WAY

W.B. MASON'S
KILLCORN
Reg No 470
A Certain Cure for Corns
NEVER KNOWN TO FAIL
Masons KILLCORN

towards impressing people with your general cheeriness and efficiency. Don't let cruel corns impede your progress. Determine to walk happily. Get rid of corns with Killcorn—the corn cure that is NEVER KNOWN TO FAIL.

KILLCORN
REGD.
BOTTLES 1/-

Put
PYNINE
on your
handkerchief

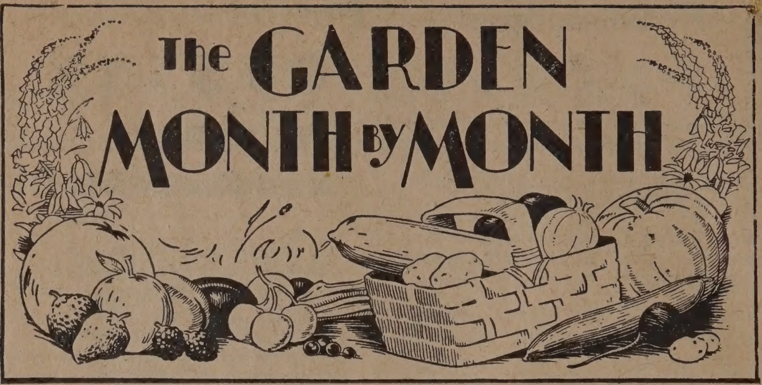
. . . just a few drops, that's all—inhale its wonderful healing vapour and that cold will disappear in a night. Never be without a bottle of Pynine Brand Vapour—it is invaluable for colds, influenza, nasal catarrh and other affections of the respiratory organs.

Pynine (Brand)
Vapour
1/- & 1/9

PYNINE
BRAND
VAPOUR
INFLUENZA
CATARRH

ALSO
Pynine (Brand)
Paper Handkerchiefs
Antiseptic and hygienic
3d. and 6d per packet

The GARDEN MONTH BY MONTH



JANUARY

Dig ground not turned up in autumn, protect plants from frost by covering of straw. When weather is suitable sow first crop of peas, beans, radishes, etc., in warm position. Persevere with the destruction of weeds and vermin in the garden.

FEBRUARY

Sow beans, peas, cabbages, carrots and turnips for early crops. Earth up winter greens. Plant strawberries about the end of the month. February is an ideal month for propagating dahlias. Transplant hardy biennials and herbaceous plants.

MARCH

Sow main crops of peas, beans, cabbages, onions, leeks, carrots, parsnips, Brussels sprouts, lettuce and spinach. Flowers should be protected and trees pruned in this month. Cabbages should also be planted out. Sow hardy annuals in borders. Lay turf-edgings and attend to gravel walks.

APRIL

Sow asparagus, onions and carrots in heavy soils. This is the month to sow main or successive crops of all kinds. Stake up peas; hoe and thin spinach, onions, parsnips, etc. Towards the end of the month sow beet, broccoli and kidney beans. Sow main annuals, half-hardy annuals, etc. Biennials and perennials should be sown before the end of the month. Plant out gladioli and stocks; repair lawns, lay new turf and sow grass seed. Mow frequently.

MAY

Remove all superfluous shoots and blossoms and prune fruit trees. Sow kidney beans in the first week, and scarlet-runners in the last fortnight; also beet, radishes and lettuce. Sow beans, cauliflower and Brussels sprouts for late crop. During the last week plant out dahlias, stocks and calceolarias.

JUNE

Sow kidney beans for succession; plant out savoys and Brussels sprouts. Sow principal crops of turnips about the third week. Propagate sweet williams, wallflowers, etc. Plant out dahlias if there is no risk of frost.

JULY

Give close attention to insects and useless growths; stake scarlet-runners and peas, thin gooseberry and raspberry bushes. In the last week plant late crops of broccoli and cauliflower, gather and dry all kinds of herbs for seasoning, etc.

AUGUST

Gather and store ripe fruit, clear away decayed annuals and sow parsley, cabbages and winter onions; also cauliflower, lettuce and radishes for winter. Sow seeds of snapdragon, delphinium and second sowing of hardy annuals for planting in spring.

SEPTEMBER

Dig up carrots, beetroot, potatoes, etc., and store. Sow mignonette, primula and half-hardy annuals for early flowering. Prune fruit trees that have finished bearing; remove pot plants to winter quarters. Protect herbaceous plants.

OCTOBER

Earth up savoys and cabbages as high as the leaves. Prune honeysuckle, roses and other flowering shrubs. Take cuttings of roses, calceolarias, violas, etc. Transplant polyanthus, and cuttings of evergreens and roses. Towards the end of the month begin planting tulips, etc.

NOVEMBER

Trench up ground as cleared, leaving the surface rough. Sow early beans and peas in warm borders; earth up celery. Prune and plant bushes and fruit trees. This is the best month for planting roses and flowering shrubs.

DECEMBER

Collect and burn vegetable refuse. Dig manure and trench vacant ground when the weather is sufficiently dry. Plant shrubs, spray and roll lawns, and repair gravel walks.

DON'T RISK DISEASE!

Rats and mice are the greatest carriers and spreaders of disease known. Rid your house of these dangerous pests by using Rodine—the most effective of all Raticides.

RODINE

KILLS RATS and MICE

Sold by all chemists or direct from
T. HARLEY, LTD.
Rodine Works
Perth.

7½d. 1/3
2/6 & 5/-

INDIGESTION

Do you suffer from Heartburn, Wind, Belching or Palpitation? Do you have agonising days and restless nights through Gastritis, Dyspepsia, Colitis or Stomach and Duodenal Ulcers? No matter whether your Indigestion is in the slight early stages, or the more serious later stages, with its intense pain, De Witt's Antacid Powder can help you back to normal health.

For a free trial sample send name and address to E. C. De Witt & Co. Ltd. (Dept. V.P.), Croydon, Surrey.

We are content to rest on your judgment as to whether the sample has done you good. We know it will. After using the sample you can obtain at all chemists, price 1/6 and 2/6.

DE WITT'S

ANTACID POWDER

1/6 double size 2/6

A never-failing remedy for Corns. It is painless, Speedy and Certain

VANCES CORN C
VANCES CORN

VANCES

Corn Cure

1/1½ *per bottle*

Next time you have a headache

take Phen-Pyrin. Your headache will go at once. Phen-Pyrin is a marvellous blending of two important nerve sedatives which act immediately on headaches, toothache, neuralgia—in fact on all nerve pains. You can take Phen-Pyrin with confidence because it does not affect the heart. Taken at the first sign of feverishness it cuts out Influenza and Colds.

To end all nerve pains at the first onset

take

Phen-Pyrin

TABLETS

Bottles of 25, 1/-; 50, 1/9
Trial Tubes of 5, 3d.; 10, 6d.

POSTAL INFORMATION

INLAND

LETTERS

Not exceeding 2 oz., 1½d.
For every additional 2 oz., ½d.
Limits of size—length 2 ft.; width, 1 ft.; depth, 1 ft.; in roll form—length, 30 in.; diameter 4 in. No weight limit.

POST CARDS

Size to be not more than 5⅞ in. by 4⅛ in., and not less than 4 in. by 2¾ in., 1d.
Reply paid, 2d.

BUSINESS REPLY CARDS AND ENVELOPES

(Licence Required)
Ordinary postage, plus ½d.

NEWSPAPERS

(Registered at G.P.O.)
Not exceeding 6 oz. (per copy) 1d.
For every additional 6 ozs. up to 2 lb., ½d.

"BLIND" LITERATURE

(Papers or Books in "Braille")
Not exceeding 2 lb., ½d.; 2 to 5 lb., 1d.; 5 to 6½ lb., 1½d.

PRINTED PAPERS

For every 2 oz. or part of 2 oz., ½d.
Limit of weight, 2 lb. Limits of size as for letters. Must be open to examination and must be posted before the time fixed by the local Post Office.

SAMPLES

(Trade only)

Not exceeding 4 oz., 1d.; 4 to 6 oz., 1½d.; 6 to 8 oz. (maximum), 2d.

PARCELS

Not exceeding 3 lb. in weight, 6d.; and 1d. for each additional 1 lb. up to 9 lb.; and a flat rate of 1/- from 9 lb. to 15 lb. No parcel may exceed 15 lb. in weight.

REGISTRATION

Minimum fee 3d. Any letter, parcel or postal packet may be registered. Must be handed to a Post Office Official and a receipt obtained.

POUNDAGE ON POSTAL ORDERS

Up to 2/6, 1d.; 2/6 to 15/-, 1½d.; 15/- to 21/-, 2d.

POUNDAGE ON MONEY ORDERS (Inland)

Sums up to £3, 4d.; £3 to £10, 6d.; £10 to £20, 8d.; £20 to £30, 10d.; £30 to £40, 1/-; Maximum £40.
Telegraphed: as above plus cost of telegram and fee of 2d.

TELEGRAMS

Sixpence for first nine words, including the address (to Irish Free State, 1/6 for 12 words) and 1d. for every additional word. Postage stamps are used as payment, but must be affixed to the message forms.
Night telegraphed letters, for delivery next morning (between certain specified towns only) 36 words or less, 1/-; every additional three words, 1d.

RADIOTELEGRAMS

Radiotelegrams for ships at sea may be handed in or telephoned to any Post Office at which telegraph business is transacted. Charges vary according to route, etc.

CASH ON DELIVERY

Fees: up to 10/-, 4d.; 10/- up to £1, 6d.; £1 to £2, 8d.; £2 to £5, 10d.; for every additional £5 up to £40, 2d.

OVERSEAS

LETTERS

(British Empire and U.S.A.)
Not exceeding 1 oz., 1½d.
For every additional oz., 1d.
(Other Countries).—Not exceeding 1 oz., 2½d.
For every additional oz., 1½d.

POST CARDS

For all countries overseas, 1½d.
Reply paid, 3d.

PRINTED PAPERS AND COMMERCIAL PAPERS

(including Newspapers)
Per 2 oz., ½d.; Minimum, 2½d.

MAGAZINE POST TO CANADA AND NEWFOUNDLAND

Up to 2 oz., ½d. (as Printed Papers); 2 oz. to 6 oz., 1/-; 6 oz. to 1½ lb., 1½d.; each additional ½ lb., ½d.

SAMPLES

For first 4 oz., 1d. For every additional 2 oz., ½d. Must be fully prepaid.

SMALL PACKETS

Per 2 oz., 1½d. Minimum, 6d. Limit 2 lb. Must be fully prepaid.

TELEGRAMS

France, Belgium, Holland, Denmark, Norway and Sweden, 2½d. per word. Germany, Switzerland, Italy and Spain, 3d. per word.
Minimum 1/3.

AIR MAIL

LETTERS

Any kind of letter or paper may be sent if in accordance with ordinary Postal regulations. Packets may be registered. A blue Air Mail label, free at any Post Office, must be affixed to the top left hand corner of every Air Mail package; stamps to amount of combined postage and Air Mail fee to top right hand

PARCELS

Usual Parcel regulations. Label to be affixed wherever addressee's name appears.
For further particulars regarding Air Mail see special pamphlet obtainable at any Post Office.

About Rheumatism

It has been found that marked success has attended the treatment of Gout, Rheumatism, Arthritis and pains in the joints, by a method that involves a dual attack. Externally the muscles and joints are treated with Electric Liniment. This gives relief from the rheumatic pains **outwardly**; but we must not overlook the fact that the underlying cause or origin of the rheumatism still remains untouched. To remedy this Electric Tablets were introduced. It was discovered that Electric Tablets, taken internally, were effective in preventing the deposit of those sharp, needle-like crystals which are chiefly responsible for the painful condition. Thus the greatest benefit could be looked for when Electric Liniment and Tablets were employed together, persistently, over a period varying according to the intensity of the condition. The treatment is not costly, and is recommended to all who suffer from pains of a rheumatic nature. The Liniment costs 1/3 and 2/- and the **Tablets 10½d. and 2/3.**

and Kidney Troubles

Sufferers from Kidney complaints are agreed that the onset of Backache comes suddenly, without warning. Possibly there is a slight, insistent pain in the back or perhaps a sediment in the urine to foretell severe pain later. Apart from these symptoms, Kidney and Bladder troubles are liable to get a thorough hold on the system before they are even heeded. Once they have invaded the system, they become almost impossible to eradicate. You need not—you ought not—to let your Kidneys get into this state. Start a course of Buchu-Juniper Pills NOW. Harden-Griffiths Pills tone and strengthen the Kidneys, enabling them to function correctly by eliminating from the system the excess of Uric Acid that is the main cause of Backache, Rheumatism, etc. With the Kidneys once restored to normal, they are themselves able to check urine deposits and purify the blood. Harden-Griffiths Buchu-Juniper Kidney Pills give speedy relief in all Kidney and Bladder complaints and are extremely beneficial in cases of Bright's Disease, Gravel or Stones in the Bladder, etc. Prices 1/3 and 3/-.

Q.V.R.O.
"TAYCOL" BRAND (REGD.)
QUICK
VAPORISING
RUBBING
OINTMENT
Taylors

None better!

For dealing with colds there is no better ointment than our Q.V.R.O.—Quick Vaporising Rubbing Ointment.

When rubbed upon the chest its healing vapours seep through the skin to the seat of infection.

It may also be used as an inhalant by placing a little of the ointment in a saucer of hot water and inhaling, through the nose, the rising steam. In this way Q.V.R.O. will ease the breathing and clear away catarrh from the head passage. Per jar........................ **1/3**

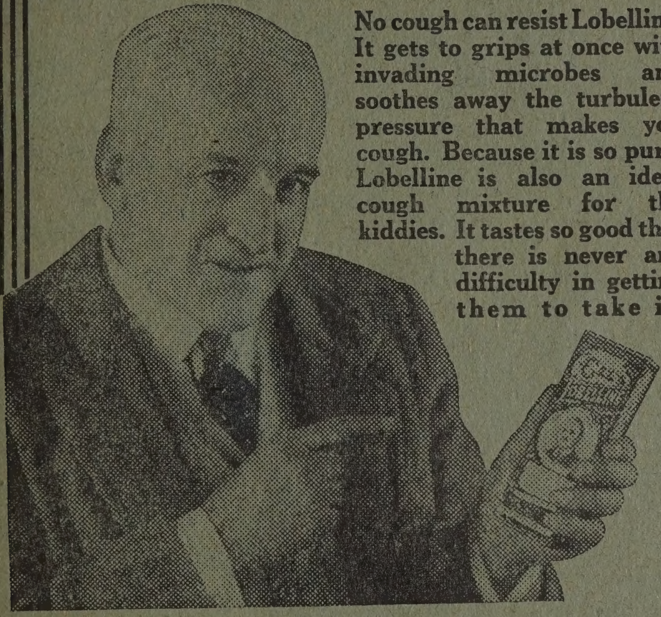
Also in **2/3** size

Q.V.R.O.

QUICK VAPORISING RUBBING OINTMENT

At the first sign of a cough or cold take Lobelline!

No cough can resist Lobelline. It gets to grips at once with invading microbes and soothes away the turbulent pressure that makes you cough. Because it is so pure, Lobelline is also an ideal cough mixture for the kiddies. It tastes so good that there is never any difficulty in getting them to take it.



GEE'S LOBELLINE

1/3, 3/- and 5/- per bottle.

Also in handy lozenge form, 1/3 and 3/- per tin.

BEST FOR COUGHS AND COLDS

Increase your Vital Force !

'Phyllosan' brand of chlorophyll tablets are the most effective revitalizer and rejuvenator known. They re-invigorate your whole organism. They give you more vitality. You feel younger; your heart gets stronger, your nerves steadier; your digestion and appetite improve and general weakness disappears.

Doctors prescribe 'Phyllosan' tablets because they recognise that these tablets are the authentic result of brilliant researches by an eminent medico-scientist.

'Phyllosan' tablets are the brand tablets sold by Natural Chemicals, Ltd., and are prepared according to the formula and under the direction of E. Buergi, M.D., Professor of Medicine at Berne University. The 5/- size contains double, and the 20/- size nearly ten times the quantity of the 3/- size.

PHYLLOSAN
5/-

" Now marvellously fit "

"I commenced taking 'Phyllosan' tablets five years ago and entirely owing to their revitalizing effect I was able to conduct a very large business after a long period of inactivity due to nervous debility. I am now marvellously fit." (Mr.)———

The 'Practitioner' says

"Clinical experiments show that 'Phyllosan' tablets bring about an increase of all physical and vital forces."

Start taking

'PHYLLOSAN'

BRAND OF CHLOROPHYLL Regd.

TABLETS TO-DAY

To revitalize your Blood, rejuvenate your Arteries correct your Blood Pressure, fortify your Heart strengthen your Nerves and increase your Vital Forces

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